

Cooking in Kerala: Exciting cuisine from South India

SEPTEMBER 2015

gourmet

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JASMINE BANDALI
EDITOR, GOURMET

Welcome to Gourmet!

Hello! I hope that you are all feeling refreshed following the long, lazy and super-hot summer we've just had! Now that it's time to get back in to the swing of things, we fully appreciate that it might take some time to adjust to your usual routine and it's time for quick fix meals without compromising on flavour. With this in mind, we've come up with some clever techniques to shave minutes off your usual cooking schedule – from preparing delicious breakfasts the night before that require a quick shove in the oven for stress-free mornings on page 34, to quick supper solutions that will have dinner on the table for your entire tribe in half an hour on page 38.

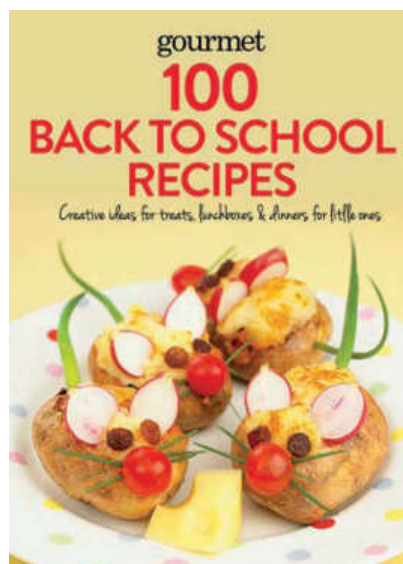
Of course, now that everyone is back from holiday, it looks like home entertaining is once again firmly back on the agenda, but that doesn't have to mean slaving away in the kitchen while everyone else is enjoying themselves. Start with an antipasti platter of cheeses and cold cuts that will delight everyone, which can be prepared well in advance and are oh-so simple to put together on page 56, follow with a steak dinner to be reckoned with using our how-to guide on page 52, and channel your inner Picasso with our artistic deconstructed desserts that will be demolished in seconds, courtesy of Chef Spencer Lee Black at Vida Hotels and Resorts on page 58. They take some effort the day prior to serving but that just makes you look like a domestic goddess when you serve them without breaking a sweat to an audience of very impressed guests!

Here's to another delicious month...

Jasmine

CELEBS ON FOOD

It seems anyone who's anyone in Tinseltown is indulging their love of food lately. Whether it's on new app WineNDine, much like Instagram but especially for food that has a huge celebrity cult following who are uploading what they're eating at any given time, to supermodel Chrissy Teigen who is about to launch a new cookbook! Read all about what an A-lister eats on page 64 and 68 – we think you'll be very surprised (and just a teensy bit jealous...!)



SEARCHING FOR QUICK INSPIRATION?

If the beginning of a new term leaves you mind-boggled on how to keep the menu interesting, check out *Gourmet's* Top 100 Back to School recipes which is on shelves this month, packed with ideas from how to fill their lunchboxes with small bites, treats and sandwiches, to after-school dinners, soups and healthy salads that your little ones will love! * We've teamed up with some of the best in the business, such as award-winning children's food and nutrition expert Annabel Karmel, real mums and dads, and some of the best chefs in the region to bring you the ultimate handbook for busy parents on the go!

*Some recipes contain nuts, therefore please use discretion when packing your child's lunch if your school is nut-free.

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Gourmet Conversions

Gourmet uses metric measurements in its recipes. Here's a simple guide to convert them if needed

LIQUID MEASUREMENTS (APPROX):

Metric	Imperial		
5ml	1 tsp	n/a	½ tbsp
15ml	1 tbsp	½ fl oz	3 tsp
30ml	2 tbsp	1 fl oz	⅔ cup, 6 tsp
60ml	¼ cup	2 fl oz	4 tbsp
80ml	⅓ cup	2 ⅓ fl oz	5 tbsp + 1 tsp
120ml	½ cup	4 fl oz	8 tbsp
160ml	⅔ cup	5 ⅓ fl oz	10 tbsp + 2 tsp
175ml	¾ cup	6 fl oz	12 tbsp
205ml	⅞ cup	7 fl oz	14 tbsp
235ml	1 cup	8 fl oz/ ½ pint	16 tbsp
475ml	2 cups	16 fl oz/ 1 pint	32 tbsp
945ml	4 cups	32 fl oz	1 quart

DRY WEIGHT MEASUREMENTS (APPROX):

Metric	Imperial		LENGTH	
Imperial			Metric	
28.35g	1 oz	—	6mm	¼ inch
55g	2 oz	⅛ lb	1.27cm	½ inch
85g	3 oz	—	2.54cm	1 inch
125g	4 oz	¼ lb		
240g	8 oz	½ lb		
375g	12 oz	¾ lb		
454g	16 oz	1 lb		
907g	32 oz	2 lb		

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A DIFFERENT WAY TO LOOK AT FRIDAY BRUNCH

Isn't it time you tried Dubai's most laidback brunch? Kick back and enjoy a fun-filled afternoon at the Urban Picnic in the chic surroundings of 3in1. Fill your picnic hamper with a scrumptious selection of gourmet goodies, pick up a bottle, grab a blanket and chill out in the poolside cabanas to the smooth sounds of the resident DJ.

Every Friday from 1pm to 5pm

AED 295 with unlimited selected hops and grape
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DOWNTOWN DUBAI

News

HOTTEST HAPPENINGS ON PLANET FOOD THIS MONTH

Back To Brunch



NOBU FRIDAY HIGH BRUNCH

This is a brunch so good, it's received the royal seal of approval! Full of Japanese dishes fused with a South American twist, a plethora of starters is served directly to the table before you decide which and how many of the unlimited signature dishes you

want for mains. In between, be sure to grab a plate and witness a selection of sushi, sashimi and other delicacies being whipped up right before your eyes at any one of the seven live cooking stations. *INFO: Dhs585 including unlimited house drinks, Dhs385 with soft drinks, 12noon-4pm Fri, 04 426 2626, www.atlantisthepalm.com*

COURTYARD BY MARRIOTT'S BIG BISTRO BRUNCH

If you're the type with a ravenous appetite come the weekend, it's time to grab the fam and head down for a feast that includes US prime rib with Yorkshire puds and roast potatoes, Arabian specialities and flavours from The Med. There's also a mini spread and entertainment especially for kids. Post brunch, head to Up and Below, the hotel's rooftop bar where you can enjoy complimentary tipples and shisha in the comfort of AC upon request. *INFO: Dhs250 with selected house drinks, Dhs135 with soft drinks, Dhs65 kids 6-12, kids under 6 dine free, 12.30pm-3.30pm Fri, World Trade Centre Abu Dhabi, 02 698 2222 www.courtyardmarriottabudhabi.com*



LAIID BACK BRUNCH BACK AT MANGO TREE

Lovers of fragrant Thai cuisine will be thrilled at the news that Mango Tree's popular brunch is back! Available on both Friday and Saturday, this is where you can dine on traditional dishes with a twist, such as duck confit benedict and jungle prawn curry. *INFO: Dhs299 with house drinks, Dhs249 for softies, Souk Al Bahar, 04 426 7313, www.facebook.com/mangotreedubai*

BREAK IT SLOW

Now that we are fully getting back into the swing of things following the lull of the holidays, quality family time on weekends is a must! We love the Break Slow offering at Flow Kitchen, which is a long, lazy afternoon complete with a kiddie corner that allows everyone to enjoy the day. Start with eggs and breakfast shawarma, before moving on to an international spread of lunchtime bites. It's the perfect way to spend a Friday. *INFO: Dhs225, Dhs100 kids 6-12, kids under five dine free, 04 457 3457, www.fairmont.com/palm*



FUN FAMILY BRUNCH AT LA PARRILLA

The renowned South American institution has recently launched a new brunch and because the menu is on weekly rotation, there's a new dish to try every time you go. Begin with a vast array of starters, before moving on to mains of succulent grilled meats and seafood. A cheese course whets the appetite for a tempting dessert selection which includes traditional dulce de leche with banana and acai and white chocolate cheesecake. A live Colombian duo will be showcasing their best dance moves to mesmerise the audience and everything is served directly to the table, for a relaxed and civilised affair. *INFO: Dhs425 including house drinks, cocktails and sparkling grape, Dhs325 including soft drinks and mocktails, 12.30pm-4pm Fri, 04 366 5866, JRGreservations@jumeirah.com*



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SAMANTHA WOOD OF
FOODIVA.NET SERVES
UP THE LATEST ON THE
UAE'S DINING SCENE

A NEW TASTE OF PERU

Garden, Dubai's newest Peruvian restaurant recently opened its doors at the JW Marriott Marquis, replacing Arabic outlet Nawwara. Developed by restaurant manager Tomas Vindasius (ex-Story rooftop lounge) with a USD50,000 start-up fund from Marriott's new restaurant scheme. Peruvian chef, Edgar Hurtado has moved across from The Act to create a refined menu of ceviches, tiraditos, cold and hot starters, plus main courses of seafood interspersed with the odd meat dish. *INFO: 7pm-12midnight Tue, Wed and Sun, 7pm-1am Thu-Fri, Sheikh Zayed Road, Business Bay, 056 2240956, www.jwmarriottmarquisdubailife.com*

DARREN'S NEW KITCHEN

In the same Marriott scheme as the Garden, Chef Darren Velvick of Table 9 has moved on to open a new casual British restaurant, The Croft, at the Dubai Marriott Harbour Hotel - replacing Azur on the fifth floor. Expect a twist on traditional British classics, plus some dishes that Brits and Darren personally love. Think crispy egg with runny yolk on baked beans and fried potatoes and roast duck on a bed of creamed puy lentils with a hint of anchovy, along with smashed potatoes and carrots. During the harvesting season his goal is to source as much as 80 per cent of his produce locally, including organic chickens from Al Ain. You will recognise some Table 9 staff, which incidentally having shut shop is now re-opening. *INFO: 6pm-11pm daily, Al Sufouh, 04 319 4794 www.thecroftdubai.com*



ALL THINGS FRENCH, BRAZILIAN AND AMERICAN

The folks that brought us Reform have been busy opening a stream of new restaurants this summer. First up is La Residence at Raffles on the ground floor with its own separate entrance - a home-grown French concept with consultant chef Frederic Vardon whose credentials include a Michelin restaurant in Paris. Then we have two new restaurants at the Media One hotel on Level 9 - Crab Tavern, as the name suggests serves up all things crab and broader seafood a la the USA - and Spirito, a Brazilian restaurant. Finally, The Black Lion, a new American gastro pub and another locally created concept, has opened at the H Hotel replacing Bapas. That's enough to keep your stomachs full this month! *INFO: www.laresidence-dubai.com, www.crabtavern.ae, www.spirito.ae, www.theblacklion.ae*

GOSSIP: British chef Michael Caines opens his first restaurant outside the UK in Abu Dhabi at Jumeirah Etihad Towers later this month that will go by the name of Pearls

Editor's Wish List

Here's what I'm excited about this month



CARNIVORE CENTRAL

If you're a meat lover, you must visit Fogueira, where you can feast on Brazilian fare with meat cuts served directly to your table. An oldie but a goodie! *INFO: 6.30pm to 12midnight Sat-Wed, 12.30pm-3.30pm Fri (brunch) 6.30pm-2am Thu-Fri, Ramada Plaza Hotel, JBR, 04 439 8888, www.ramadaplazajbr.com*



NEW AGE, NEW ME

Having celebrated my birthday recently and now steadily on the way to the big 4-0, I'm determined to make adopt a healthier lifestyle, so I'm totally excited by these drinks that are available to order by the case from New Age Beverage online! Check them out for yourself! *INFO: www.nabdrinks.com*



SIPS FOR SUMMER

I am completely in love with the new range of summer drinks from Pappa Roti. Flavours range from strawberry smoothies to blue Caribbean slush and they're all delicious! *INFO: Various locations throughout the UAE, including The Dubai Mall, 04 325 3174, www.papparoti.ae*



New opening

Novikov

The globally-famed Asian restaurant arrives on Dubai's culinary scene

When we arrive at the restaurant, it's still in its soft opening stage, which usually means that service is likely to be slow and a tad sloppy, so despite its international reputation for excellence in both London and Moscow, we're not expecting too much. The décor is low-lit, elegant and chic, boasting huge red bauble chandeliers that dangle from the ceiling and the seemingly never-ending dining room leads to an open kitchen, complete with a display of fresh seafood and a rainbow of brightly-coloured seasonal ingredients. Set across two floors, Novikov

follows the precedent of its tried and tested formula of bar, lounge and restaurant, however, this usually incorporates two separate concepts of Mediterranean food and Asian fare housed under one roof. The Dubai version has decided to wholly focus on its Asian menu, and the upper floor, which at the time was not open to the public is an exclusive area reserved for private gatherings.

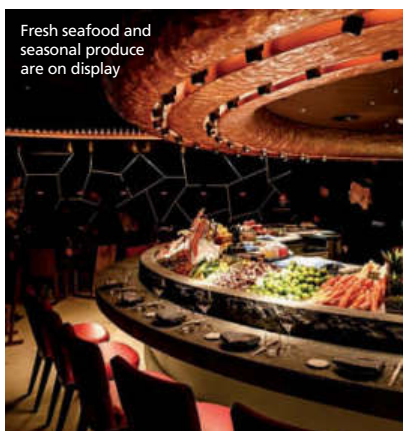
There are both smoking and non-smoking sections and despite the moody ambience, each table is illuminated enough for you not to question what you're eating. We are promptly brought a selection of crudités with a creamy and spicy 'dynamite' style dipping sauce, and when my husband remarks that he is enjoying the carrots, although he is addressing me, one of the waiting staff picks up on it and several more are brought to the table. Hmmm... pretty impressive! We are quizzed about food allergies and preferences before being asked if we'd like some edamame to begin the meal and how would we prefer it, steamed, spicy or toasted? Toasted? Now there's a first.

A so chic-it-hurts venue for premium dining





The best Asian fare to be had outside of the Orient



Fresh seafood and seasonal produce are on display

We're intrigued, so it's the one we pick and good choice, it turns out, as the charring of the pods lends a characteristic smokiness to an otherwise pretty standard offering.

Next, we share a tomato salad, an aubergine salad and a serving of black cod. Now, truth be told, I'm not much of a raw tomato fan, or moreover they don't like me, as my mouth always appears to react badly to their acid, but these are the sweetest, most sublime cherry tomatoes I have ever tasted, possessing a crisp outer skin that encase their juicy interior. The aubergine and cod are both glazed with

"Service is on-point as it should be, given the upscale price tag"

miso to add a delicate fragrance to each main ingredient, without overwhelming any of their natural flavours. Further courses of sushi rolls, which combine succulent seafood with an exquisite subtle tempura crunch within and a plate of beautifully crisp fillet of red mullet together are enough to constitute a deliciously satisfying meal without feeling weighed down. We finish with a deconstructed plate of banoffee pie, comprised of caramelised bananas, crumbly shortbread pieces, rich chocolate sauce and a miso caramel ice cream complete with a smattering of gold leaf. It's a must-try dish and a decadent way to end a supreme culinary experience. It seems that word has clearly gotten around town, as even during this stage of its infancy, we witness the restaurant steadily filling up since our early evening arrival and almost as if anticipating the crowds, service is attentive and on-point, as it should be, given its upscale price tag. Try it for a special date night or with a bunch of your wealthiest mates, but we don't think there's any rush, as this is almost certainly going to become a Dubai institution. **INFO:** 6pm-2am, Sheraton Grand Hotel, Sheikh Zayed Road, Dubai, 04 388 8744, www.novikov-dubai.com



What To Wear AT NOVIKOV



Earrings, Dhs440, Kate Spade New York



Dress, Dhs1,660, LK Bennett



Bag, Dhs7,380, Alexander McQueen



Shoes, Dhs395, Charles & Keith



Indian, Asian, Middle Eastern or European; you'll find it all here

Old Favourite

Kaleidoscope

The multi-cultural buffet restaurant offering a wealth of variety and global flavours

We're not sure if it's because it's the school holidays, Eid weekend, a Thursday night or a culmination of all three, but Kaleidoscope is so packed when we arrive that there is a queue gathering rapidly outside the door, with hungry diners patiently waiting to be seated. It's been a few years since we have experienced this casual buffet eatery, and that too for breakfast, where we were suitably impressed by the diverse range of dishes on the menu. Fast-forward some five years on and it seems that even at dinner time, this restaurant shows no sign of waning in popularity.

After a few minutes, we are ushered to our table. Despite the busy evening, we're given plenty of space to enjoy our meal at leisure and not crammed thigh-to thigh with neighbouring diners and pretend to not be eavesdropping on their conversations.

There is a different theme of cuisine on

offer every night of the week, showcasing special dishes from a particular country, and Thursday is Arabic night, meaning that there are plenty of grilled meats, rice dishes, salads, dips, falafel and freshly prepared saj on offer, boasting deliciously oozing melted cheese and the fragrance of zaatar. However, truth be told, you would

"A solid choice to mark a familial occasion, rather than a romantic meal for two"

never know that this particular zone was the star of the show, given the mind-boggling number of dishes populating every station, from Asian dim sum and noodles from the Far East to Indian curries and authentic snack foods like Gujarati *dhokla*, a savoury steamed sponge that is tempered with mustard seeds and



The dining room is always populated, yet dining here remains an intimate experience

curry leaves (which my mother was very impressed to see, so thanks Kaleidoscope for the extra brownie points!) There is also traditional British fare on offer, complete with roasted meats and Yorkshire puddings, a conveyor belt of sushi rolls with all the trimmings and an Italian pizza and pasta station that is sure to satisfy fussy little appetites. Let's put it this way: there will never be enough room on your plate or in your stomach to try it all, so choose wisely in order of preference.

The dessert station is crammed with crowd-pleasers such as a chocolate fountain with assorted sweet treats, from marshmallows to vanilla madeleines begging to be skewered and dipped into its cocoa goodness. Comforting favourites of cheesecake and assorted creamy gateaux slices add an adult finesse, while mini tubs of ice cream and gummy sweets cater for the younger sweet-tooth. The dish of this night in particular though, were the banana fritters, freshly cooked in the lightest batter imaginable and coated in sugar before being served hot with a drizzle of crème Anglaise, reminiscent of the light and fluffy doughnuts that are devoured in seaside towns all over the world.

Kaleidoscope is a little on the pricey side, but when you factor in that it's housed in one of the most elite five-star hotels in Dubai and the mammoth spread that offers something for everyone, it's a solid choice to mark a familial special occasion rather than a romantic meal for two. Just make sure you reserve a table well in advance.

INFO: 7am-11am Sat-Thu, 7.30am-11.30am Fri, 12.30pm-3.30pm Sun-Thu, 12.30pm-5pm Fri-Sat, 6pm-11pm daily, Atlantis The Palm, 04 426 2626, atlantisthepalm.com



KALEIDOSCOPE'S BUTTER CHICKEN

SERVES 4

INGREDIENTS

700g boneless chicken, skin removed and cut into small pieces

FOR THE MARINADE

1 tbsp garlic and ginger paste

3 tbsp white vinegar

Salt, to taste

2 tsp red chilli powder

2 tsp cumin powder

¼ cup mustard oil

FOR THE CURRY SAUCE

¼ cup ghee

1 cinnamon stick

3 cardamom pods

7 whole black peppercorns

3 cloves

1 tbsp garlic, finely chopped

½ tbsp ginger, finely chopped

2 brown onions, finely chopped

2 tbsp tomato paste

1 tbsp honey


100g butter

3 tbsp ground cashew nuts, made into a paste with a little water

100ml cooking cream

A handful of fresh coriander leaves, to garnish

METHOD

- 1 Combine the chicken with all the ingredients for the marinade and allow to rest for 10 minutes.
- 2 Thread the marinated chicken pieces onto skewers and place in a tandoor oven, barbecue or under a hot grill until cooked. Set aside.
- 3 Heat a saucepan over a medium-high heat. Add the ghee and sauté the cinnamon, cardamom, black peppercorns and cloves until their fragrance is released.
- 4 Add the onions, garlic and ginger and gently sauté until the onions turn golden brown.
- 5 Add the tomato purée, honey, butter and cashew nut paste.
- 6 Add the chicken, cover and reduce the heat to a slow simmer for about 20 minutes, stirring halfway through.
- 7 Finish the sauce with cream, give the dish a final stir and garnish with coriander leaves before serving. 

What To Wear AT KALEIDOSCOPE



Top, Dhs240,
Oasis



Skirt, Dhs960, Kate
Spade New York



Bag, Dhs299,
Charles & Keith



Shoes, Dhs329,
Nine West at
Sivvi.com

LURPAK® RASPBERRY ALMOND STREUSEL CAKE

What you need:

For the streusel topping:

- 25g Lurpak® Baking
- 50g plain flour
- A pinch of salt
- 25g caster sugar
- 50g toasted flaked almonds

For the cake:

- 200g Lurpak® Baking
- 200g caster sugar
- 4 eggs
- 200g plain flour
- 1 tsp. vanilla extract
- 1 tsp. rose water (optional)
- 1 level tsp. baking powder
- 250g raspberries or blueberries

What you do:

Preheat the oven to 160°C / 180°C Fan Assisted / Gas Mark 4.

Grease a 20cm spring form tin, then line the base with baking paper.

For the streusel topping, melt the Lurpak® Baking in a small pan, then stir in the flour, salt and caster sugar. Mix with a wooden spoon to make a crumbly mixture and gently fold in the flaked almonds.

To make the cake mix, put the Lurpak® Baking into a large bowl and beat with the sugar to make a light, creamy mixture.



LURPAK® BAKING

Soft from the fridge for ready-to-go baking

Take on cakes, sweets and pastries with Lurpak® Baking by your side. The ideal blend of butter and vegetable oil gives a softer texture ready to mix straight from the fridge. It easily folds into cake mixtures and gives a light, fluffy golden finish.

Next, beat in the eggs one at a time. If the mixture starts to curdle, add a spoonful of flour.

Add the vanilla extract and the optional rose water, then, using a large metal spoon, gently fold in the remaining flour and baking powder. If the batter doesn't easily drop off the spoon, add a little milk.

Spread the mixture in the tin and dot with the raspberries or blueberries. Cover with the streusel mixture and bake in the oven for 45 minutes.

Leave the cake to cool in the tin for 15 minutes then remove and serve.

PREP



20 mins

COOK



45 mins

SERVES



AWARD-WINNING
MICHELIN-STAR
CHEF GREG MALOUF,
DISHES UP HIS MEAL
OF THE MONTH



Simple and Superb

How do you like your eggs? Poached on wholegrain? Fried and over-easy? Scrambled into a mass of soft, golden curds? Or, like me, are omelettes your go-to egg dish?

These might be the first dishes that spring to mind when we think about eggs – and, bizarrely, they are mainly breakfast dishes – but there's no doubting the fact that the egg is the single most useful and versatile ingredient in any cook's kitchen. Not only are they delicious meals in their own right (let's add boiled eggs with soldiers, egg salad, coddled eggs and even pickled eggs to the above list) but their component parts transform, almost miraculously, into myriad textures ranging from thick, glossy sauces to pillowy soufflés and light-as-air meringues.

There's something so delightfully complete about eggs, containing many of the ingredients required to sustain our lives, with each shell enveloping a complex and powerful package of proteins,

minerals, vitamins and essential fatty and amino acids.

But back to the omelette, which is a dish I myself return to time and again on the evenings when I hanker for something tasty that's also quick and easy to prepare. Like most of us, I don't want to spend my precious down time chained to the kitchen stove and after the holidays, as the focus returns to schedules and routines, it's even more important to cook healthy, nutritious and speedy meals for the family. For me, omelettes tick all the boxes and they are easy to knock up, even when the pantry is a bit bare.

One of my all-time favourite versions is the Persian *Kuku*, a dish I learnt to prepare during my travels around Iran a few years ago. Closer in concept to a sturdy Spanish tortilla or Italian frittata than a soft and gently oozing French omelette, the word *kuku* refers to a range of egg dishes that can be made with almost any combination of fresh vegetables and herbs. Other popular fillings are lamb's brains or leftover cooked chicken and there are even sweet kukus made with fruit, molasses or just plain old sugar.

The most famous Persian omelette is *kuku-ye sabzi*, which is made with a startling quantity of soft green herbs and is always served at Persian New Year to symbolise spring and new life. But I think my favourite is this *kuku-ye kadoo*, made with grated courgettes and melted cheese – although the cheese is a bit of a Malouf touch, and is not strictly authentic! Iranians often add chopped walnuts to their kukus, and they are frequently laced with barberries, in line with the Persian fondness for sweet and savoury combinations. These transform a homely dish into something which is definitely more 'special occasion', but either way, the *kuku* makes a brilliant midweek supper dish with some bread and salad. And if you've got any leftovers, *kuku* is delicious stuffed into sandwiches for packed lunches, especially when jazzed up with some extra fresh herbs and a spoonful of your favourite relish.



KUKU-YE KADOO (WHITE COURGETTE OMELETTE WITH MINT AND MELTING CHEESE)

SERVES 6


INGREDIENTS

100ml olive oil
1 onion, finely diced
1 tsp freshly grated nutmeg
1 tsp dried mint
4 white courgettes (about 350 g), coarsely grated
6 eggs
2 tbsp self-raising flour
Grated zest of 1 lemon
½ tsp sea salt
½ tsp freshly ground black pepper
200g provolone cheese or any other melting cheese, grated
Handful of chopped walnuts and/or barberries (optional)
Thick natural yoghurt, to serve

METHOD

- 1 Preheat the oven to 180C.
- 2 Heat half the oil in a frying pan over a low heat and fry the onions until softened. Stir in the nutmeg and mint and fry for another minute. Remove from the heat

and allow to cool.

- 3 Pour the remaining oil into a non-stick ovenproof frying pan and heat in the oven for 5 to 10 minutes.
- 4 Squeeze the grated courgettes firmly to remove as much moisture as possible. Whisk the eggs until frothy. Whisk in the flour, lemon zest, salt and pepper, followed by the courgettes and cheese. The mixture will be quite sloppy.
- 5 Pour the mixture into the hot oil. Cover the pan with a lid or foil and bake in the oven for 15 minutes or until nearly set. Remove the lid and cook for a further 10 to 15 minutes to brown the surface.
- 6 Cut into wedges and serve hot from the pan with thick yoghurt. If you want to be fancier with your presentation, you can turn it out onto a serving platter. If the surface seems overly oily, then pat dry with a paper towel. I think *kuku* is best eaten lukewarm or at room temperature with pickles or relish. It keeps well in the fridge and makes a great picnic dish or sandwich stuffing. 



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My Favourite Dish

BLACK PEPPER BEEF

Head chef Jason Yang, who formerly worked at Hakkasan London and Yuan at Atlantis is a master at creating Chinese food. Now at the helm of Kuai, the new Asian hangout at Boxpark, he shares this recipe for an effortlessly tasty meal

SERVES 1

INGREDIENTS

150g grain-fed beef ribeye steak, cut into 2cm cubes
1 white onion, cut into 2cm strips
Green, yellow and red peppers, cut into 2cm strips
1 courgette, cut into 2cm thick strips
FOR THE MARINADE
A pinch of salt
A pinch of pepper
A pinch of sugar
A pinch of chicken seasoning
1 tbsp OK fruity sauce or brown sauce
FOR THE BLACK PEPPER SAUCE
10g crushed black peppercorns
40g butter
150ml tomato ketchup
20ml light soy sauce
1 tbsp Worcestershire sauce
20g granulated sugar

METHOD

- 1 Combine the beef cubes in the marinade mixture and set aside for at least 4 hours.
- 2 Prepare the sauce. Heat a saucepan over a medium heat and lightly toast the crushed black peppercorns. Add the butter and stir until melted.
- 3 Add the ketchup, soy and Worcestershire sauce and keep stirring for about 2 minutes or until all the ingredients have combined and the sauce is thick. Finally add the sugar and stir to incorporate.
- 4 Place a wok or a saucepan over a high heat. Sear the beef cubes and cook to preference.
- 5 Add the vegetables and lightly stir-fry together with the beef.
- 6 Add 2 tablespoons of the black pepper sauce and stir well.
- 7 Sprinkle some more crushed black peppercorns on the plate and serve.



“My teacher and master chef taught me that beef and black pepper is a perfect flavour match, so this is a combination you can never go wrong with”





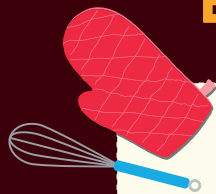
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in conjunction with
gourmet

How to make...

Chicken Kiev

This comforting classic is making a comeback, and after trying this recipe that is sure to impress, we wonder why it ever went out of fashion!



INGREDIENTS

*4 skinless, boneless chicken breasts * 100g plain flour * 3 eggs, beaten * 200g breadcrumbs
Sunflower oil or vegetable oil, for frying*

FOR THE BUTTER

*8 tbsp unsalted butter, plus an optional 1 to 2 tbsp for frying * 1 tbsp finely chopped fresh parsley * 1 garlic clove, crushed
1 tsp dried dill * ¼ tsp salt, plus more for seasoning * ¼ tsp black pepper, plus more for seasoning*

SERVES 4

METHOD

Begin by preparing the filling. Combine the butter, herbs, garlic, salt and pepper, either in a food processor, or in a bowl, using a fork to soften the butter and mix in the ingredients. Scrape the butter onto a piece of plastic wrap or parchment paper and shape and roll it into a log that is about the same size as a stick of butter. Place in the freezer 25 minutes to harden.

STEP ONE

Taking one breast at a time, lay them smooth-side down and remove a mini fillet. Make an incision down the middle of the fillet half way into it to make a pocket. Do not cut all the way through the meat.

STEP TWO

Lay a piece of clingfilm over the breast and, using a meat mallet or rolling pin, flatten it out slightly. On another part of the board, bat out the mini fillet slightly.

STEP THREE

Divide the butter into four and squash into flattish discs. Stuff each of the pockets that you made with a disc of butter. Cover each with the mini fillet and fold the sides of the breast over it. Set aside.

STEP FOUR

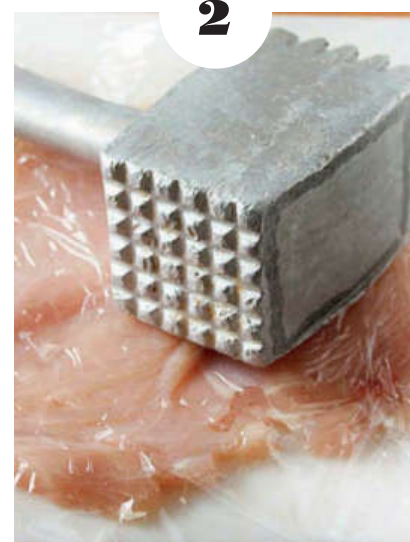
Tip the flour, eggs and breadcrumbs into separate shallow containers. Working methodically, completely coat each breast in flour, then egg, then breadcrumbs, then dip back into the egg and finally again in the breadcrumbs. Use cocktail sticks to secure and ensure the breast is sealed.

STEP FIVE

To cook, heat oven to 200C. Heat a good amount of oil into a large frying pan and, once hot, turn the heat down to medium. Fry the Kiev's for 2 to 3 minutes on each side until dark golden. Lift them onto kitchen paper to absorb any excess oil and then transfer to a roasting tin.

STEP SIX

Cook in the oven for 20 minutes or until the Kiev's feel firm when prodded at the thickest part. Serve immediately



3 Ways With... Almonds

Possessing their own unique taste and packed with essential nutrients, here are three recipes that you'll go nuts for!

SPICY CHILLI PASTA WITH ALMONDS AND CHICKPEAS

SERVES 4

INGREDIENTS

1 tbsp olive oil
3 garlic cloves, chopped
1½ L vegetable or chicken stock
½ tsp crushed red chilli flakes
Salt, to taste
500g thin whole wheat spaghetti
1 can chickpeas, drained and rinsed
1 cup flat leaf parsley, chopped
¼ cup roasted unsalted almonds, chopped
½ cup grated Parmesan

METHOD

- 1 Heat the oil in a saucepan, set over a medium-high heat.
- 2 Stir in the garlic and sauté for one minute.
- 3 Add the stock, chilli flakes and 1 teaspoon salt. Bring to the boil.
- 4 Add the pasta and cook, stirring occasionally, until the stock has almost been absorbed and the pasta is al dente, about 6 minutes.
- 5 Stir in the chickpeas, parsley and chopped almonds.
- 6 Garnish with a sprinkle of Parmesan.



1



2

CHERRY AND CARAMELISED ALMOND ICE CREAM

SERVES 4 TO 6

INGREDIENTS

800g ripe cherries
170g caster sugar, plus 4 tbsp extra for the almonds
600ml whipping cream
½ tsp almond extract
2 tbsp icing sugar
1L vanilla custard, shop-bought or homemade and cooled
A drizzle of oil, for greasing
40g toasted flaked almonds
1 tbsp butter

METHOD

- 1 Remove the stalks and stones from 600g of the cherries and then roughly chop.
- 2 Place them into a medium pan, add 170g caster sugar, and then cook very gently for 10 minutes until the sugar melts. Turn up the heat a little, then simmer for 15 minutes until the fruit has softened and the mixture becomes a chunky syrup. Allow to cool completely.
- 3 In a large bowl, combine the cream, icing sugar and almond extract. Whip the mixture until it just holds its

shape. Fold in the cooled custard, then transfer the mixture to an ice cream machine and churn until you achieve a thick consistency.

- 4 For the caramelised almonds, line a baking sheet with parchment.
- 5 Place the almonds, unsalted butter and 4 tablespoons of sugar in a pan, swirling frequently, for about five minutes.
- 6 When the sugar starts to melt and the mixture turns into an amber caramel, stir and mix thoroughly until all the nuts are coated.
- 7 Transfer immediately onto a sheet of parchment paper. Allow to cool slightly before breaking into smaller pieces. Transfer the mixture to a Ziploc bag and crush with a rolling pin.
- 8 Place the ice cream into a suitable container for freezing, greased with a little oil. Add drizzles of the syrupy cherries and incorporate the caramelised almonds, rippling through the ice cream using a knife. Freeze for at least 6 hours, or for best results, overnight.
- 9 Serve with whole cherries, to garnish.


PUFF PASTRY TART WITH CHERRIES, MERINGUE AND NECTARINES

SERVES 4

INGREDIENTS

1 sheet frozen puff pastry,
about 375g, defrosted
2 nectarines, sliced
A handful of cherries, stoned
and chopped
100g crème fraîche
1 large egg, plus 2 egg
whites
100g ground almonds
1 tsp vanilla extract
140g caster sugar
2 tbsp apricot jam
½ tsp almond extract
(optional)
1 tsp cornflour
25g toasted flaked almonds

METHOD

- 1 Heat the oven to 200C. Lay the pastry on a large baking sheet and score a 2cm border from the edge, using a sharp knife.
- 2 Bake for 10 to 12 minutes until the pastry has risen and the base is golden and crisp.
- 3 Combine the crème fraîche, whole egg, ground almonds, vanilla extract and 40g of the sugar together.
- 4 Spread the pastry with the almond and crème fraîche mixture, then top with the fruit.
- 5 Warm the jam in the microwave, then brush all over the fruit.
- 6 Bake the tart in the oven for 10 minutes.
- 7 Meanwhile, whisk the egg whites until stiff in a large mixing bowl. Add the remaining sugar, almond extract and cornflour, and whisk again to a thick, smooth glossy meringue.
- 8 After 10 minutes, remove the tart from the oven and turn the heat down to 160C. Dollop the meringue over the tart using a spoon, then scatter the almonds over.
- 9 Bake for another 10 to 12 minutes until the meringue feels crisp and is slightly golden. 



3



'Strange Almond Fact

It takes 1,000 pounds of almonds to make a 1 pint of almond oil.

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IN SEASON

Simply Ah-maize-ing
SWEET CORN

This completely versatile and gluten-free grain makes for an ideal starch for those with food intolerances. While completely delicious eaten alone, or with a rub of lime juice, salt and chilli powder, here are some innovative ways to transform this incredible ingredient into a full-on meal!





CRISPY CHILLI CORN

SERVES 6

INGREDIENTS

6 ears corn, cut in half
1 cup milk
1 egg, beaten
1½ cups all-purpose flour
1 long fresh red chilli, halved, deseeded, finely chopped
Salt or seasoned salt
Freshly ground black pepper
Vegetable oil, for frying
TO GARNISH
A sprinkling of red chilli flakes (optional)

METHOD

- 1 Remove husks and silk from the fresh corn.
- 2 Combine the milk and egg in a shallow dish; mix well.

- 3 Place the flour in another shallow dish; season with salt and pepper. Add the chopped red chilli.
- 4 Dip each piece of corn into the milk and egg mixture, then roll in the seasoned flour. Shake off any excess flour.
- 5 Heat a large frying pan or deep fryer to a medium-high heat.
- 6 Add the corn to the hot oil, a few pieces at a time, and fry until golden brown (approximately 3 minutes on each side). Drain on paper towels and garnish with chilli flakes if desired before serving.

MEATBALLS WITH SWEET CORN AND POLENTA IN RED PEPPER SAUCE

SERVES 4

INGREDIENTS

100g sweet corn kernels
FOR THE MEATBALLS
3 slices of stale white bread, crusts removed
500g minced beef
1 egg
4 spring onions, finely chopped
2 tbsp finely chopped parsley
2½ tsp ground cumin
1½ tsp salt
½ tsp black pepper
1 garlic clove, crushed
Sunflower oil, for frying
FOR THE ROASTED PEPPER SAUCE
4 red peppers, deseeded and quartered
3 tbsp olive oil
1 tsp salt
A handful of fresh coriander, both leaves and stalks chopped
1 garlic clove, peeled
1 small mild chilli, deseeded
2 tbsp sweet chilli sauce
2 tbsp cider vinegar or white wine vinegar
FOR THE POLENTA
3 cups of boiling chicken or vegetable stock, adding additional liquid as needed
1 tsp salt
1 cup polenta
Olive oil for grilling
TO GARNISH
1 lime, sliced (optional)

METHOD

- 1 Begin by preparing the polenta. Bring the 3 cups of stock to the boil in a large saucepan. Add the salt and slowly whisk in the polenta, pouring it in a shower to prevent clumping. Reduce to low, cover and cook until the water has absorbed, about 45 minutes, stirring frequently. The polenta should be soft and creamy, pulling away from the bottom. If the polenta appears to cook too fast or it isn't very creamy, add in small amounts of hot water or stock. Set aside.
- 2 Meanwhile, prepare the sauce. Preheat the oven to 200C. Place the quartered peppers in a roasting tray and toss with 2 tablespoons of the olive oil and ½ teaspoon of the salt, then roast in the oven for 35 minutes or until soft.
- 3 Transfer the hot peppers to a bowl and cover with clingfilm.
- 4 Once they have cooled down enough to handle, peel them and place them in a blender or food processor with their roasting juices and add the rest of the sauce ingredients. Process until smooth. Adjust seasoning as necessary. Set aside.
- 5 Place a heavy non-stick frying pan over a high heat and throw in the corn kernels. Toss them in the hot pan for 2 to 3 minutes, until lightly blackened. Remove and allow to cool.
- 6 Soak the bread in cold water for a minute, then squeeze well and crumble into a large bowl.
- 7 Add the rest of the ingredients except the sunflower oil and mix well with your hands.
- 8 Pour about ½ cm depth of sunflower oil into the heavy frying pan, set over a medium-high heat. Once hot, fry about a teaspoon of the mince mix in it. Remove, allow to cool a little and then taste. Adjust the amount of salt and pepper in the uncooked mixture to your liking.
- 9 With wet hands, shape the mince mix into balls, about the size of golf balls.
- 10 Preheat the oven to 200C.
- 11 Cook the meatballs in small batches in the hot oil, turning them around in the pan until they are golden brown all over. Transfer to an oven tray and cook for about 5 minutes (to check if they're done, press them and see if they bounce back – if not, cook for a further 2 to 3 minutes. Set aside.
- 12 Heat a clean grill or indoor grill pan, lightly brushing with oil. Remove the polenta from the pan. Cut the polenta into diamonds or desired shapes and lightly brush with oil to prevent sticking. Grill until light marks appear, turn and grill the other side.
- 13 Place the meatballs on a plate. Scatter with the sweet corn on top and add a generous amount of the red pepper sauce. Serve with a few polenta diamonds.

DID YOU KNOW...

*Corn is rich
in lutein and
zeaxanthin, which
help to keep eyes
healthy*



SWEETCORN FACT...

Boil, grill or microwave corn. Don't add salt to the boiling water, because salt toughens the kernels

MINI CORN CAKES WITH MANGO SALSA

SERVES 3 TO 4

INGREDIENTS

1½ ears of corn, boiled with kernels removed
 1 cup flour
 ½ cup cornmeal
 ½ cup red onion, diced
 ¼ cup basil, sliced
 1 tsp baking powder
 ½ tsp baking soda
 2 eggs
 2 tbsp milk
 2 tbsp butter, melted
 A drizzle of oil for frying
FOR THE MANGO SALSA
 1 medium mango, chopped
 ½ cup red capsicum, chopped
 ⅓ cup spring onions, chopped
 ¼ cup fresh coriander, chopped
 2 tbsp fresh lime juice
 4 tsp olive oil
 1 medium fresh jalapeño, minced, to taste

METHOD

- 1 Prepare the salsa by combining all the ingredients in a large bowl, adding just enough jalapeño to give it a little kick (you may not need all of it).
- 2 Refrigerate the mixture for at least 30 minutes to an hour to allow the flavours to combine.
- 3 When you are ready to serve, give the salsa a quick stir and begin making your corn cakes.
- 4 In a large bowl, combine the corn, flour, cornmeal, red onion, basil, baking powder and baking soda.
- 5 Add the eggs, milk, and butter. Continue to mix. Shape the corn mix into patties.
- 6 Add a little oil to a frying pan set over a medium-high heat, so that it covers the base.
- 7 Fry the corn cakes for about 1 to 2 minutes on each side until golden brown. Top with the salsa and serve.



GRILLED SCALLOPS WITH NACHOS AND AVOCADO CORN RELISH

SERVES 4

INGREDIENTS

12 scallops
1 bag of shop-bought tortilla chips
A drizzle of olive oil
Salt and pepper, to taste
FOR THE AVOCADO CORN RELISH
3 ears fresh corn, husks and silks removed
2 avocados, peeled, pitted, and cubed
1 red onion, finely diced
1 red capsicum, seeded and diced
1 tbsp minced garlic
1 tbsp ground cumin
1 tsp crushed red chilli flakes
¼ cup fresh coriander, chopped
⅓ cup red wine vinegar
2 tbsp olive oil
¼ cup fresh lime juice
Salt and black pepper, to taste
Chopped parsley, to garnish

METHOD

- 1 Place the ears of corn in a large pan with enough water to cover, and bring to the boil. Cook until kernels are tender but slightly al dente, about 5 minutes.
- 2 Drain and cool in cold water. Use a knife to scrape the kernels from the cobs.
- 3 Place the kernels in a medium bowl. Stir in the avocados, red onion, capsicum and garlic. Add the cumin, red chilli flakes and coriander.
- 4 Mix in the vinegar, olive oil and lime juice. Season with salt and pepper, stir to combine and set aside.
- 5 Preheat your grill or a large frying pan set over a medium-high heat.
- 6 Brush the scallops with oil and season with salt and pepper.
- 7 Grill the scallops for 2 minutes on each side.
- 8 Arrange the tortilla chips on a serving plate. Top each with a layer of relish and a scallop. Garnish with parsley and serve.



On average there are about 800 kernels on an ear of corn



SWEET CORN COCONUT CURRY

SERVES 4 TO 6

INGREDIENTS

3 corn cobs, chopped into 3 or 4 pieces
1 medium-sized aubergine, sliced
2 tins coconut cream
The juice of 1 lemon
¼ tsp turmeric powder
1 tsp salt
1 tbsp garlic paste
½ tbsp ginger paste
A handful of fresh coriander, chopped
Fresh red and green chillies, chopped, to garnish (optional)

METHOD

- 1 Heat ½ tbsp of oil in a large frying pan, and brown half the aubergines for 2 to 3

minutes on each side until golden brown and crisp all over.

- 2 Place them onto a plate and repeat with the remaining aubergines. Set aside.
- 3 Place a large saucepan over a medium-high heat.
- 4 Add the corn cobs, coconut cream, lemon juice, garlic, ginger, chilli, salt and turmeric and mix to combine.
- 5 Bring the mixture to the boil, then lower the heat. Add the chopped coriander, mix again and cover.
- 6 When the corn is about 5 minutes away from being done, add the sliced aubergines and mix again, carefully to combine. Cover and cook until aubergines and corn are tender.
- 7 Garnish with chopped chillies and serve.



CORNBREAD

SERVES 8

INGREDIENTS

1 ¼ cups all-purpose flour
¾ cup cornmeal
¼ cup sugar
2 tsp baking powder
½ tsp baking soda
1 tsp salt
1 cup buttermilk
2 large eggs
1 cup grated Cheddar cheese
1 jalapeño, seeded and minced

3 tbsp chopped chives
1 cup corn kernels
5 tbsp unsalted butter,
melted and cooled slightly

METHOD

- 1 Preheat oven to 220C.
- 2 In a medium bowl, mix the dry ingredients.
- 3 In a separate bowl, whisk the buttermilk with the eggs. Stir in the cheese, jalapeño, chives and corn into buttermilk mixture.
- 4 Swirl a tablespoon of butter into a 25cm cast-iron pan.

Place the pan over a medium heat. Whisk the remaining 4 tablespoons of butter into the buttermilk mixture.

- 5 Place the pan in the oven until butter browns slightly, about 3 minutes.
- 6 Stir the buttermilk mixture into the flour mixture.
- 7 Pour the batter into the pan and bake until a toothpick inserted in centre comes out clean, about 25 minutes.

SWEETCORN FACT...

Don't discard the water after boiling the cobs. It can be used along with onion, carrots, parsnip, celery etc., for the preparation of a delicious vegetable stock


MEXICAN TORTILLA SOUP WITH SWEET CORN AND AVOCADO

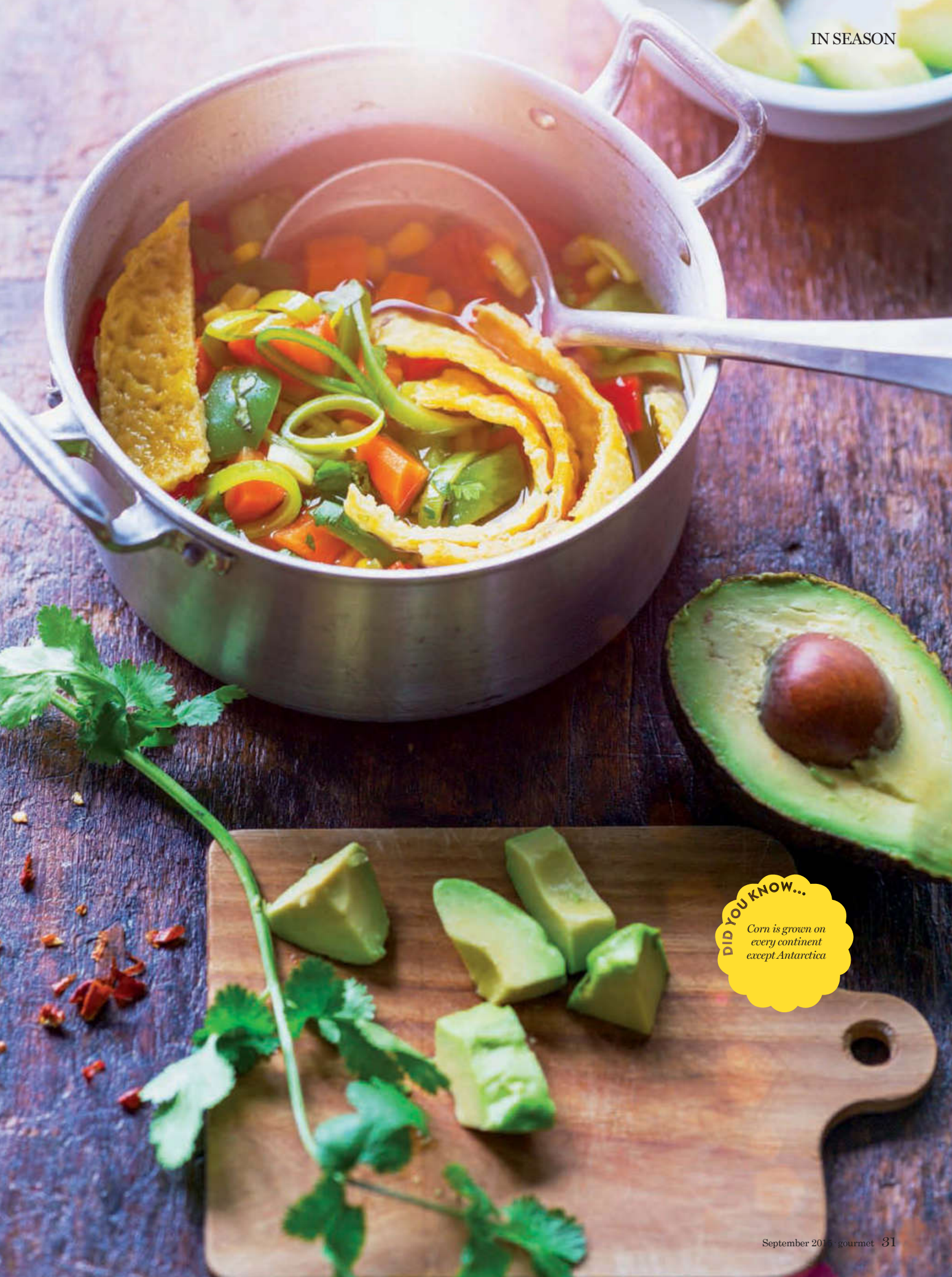
SERVES 8

INGREDIENTS

1 onion, chopped
3 cloves garlic, finely chopped
1 tbsp olive oil
2 tsp red chilli powder
1 tsp dried oregano
2 tins chopped tomatoes
300ml concentrated chicken stock
300ml water
310g sweet corn kernels
2 fresh green chillies, chopped
A handful of fresh coriander, chopped
2 boneless chicken breast fillets, cooked and cut into bite-sized pieces
1 large bag of tortilla chips, crushed
2 avocados, sliced
TO GARNISH
Grated Cheddar cheese
2 spring onions, chopped

METHOD

- 1 In a medium saucepan, heat a drizzle of oil over a medium heat.
- 2 Sauté the onion and garlic in the oil until soft.
- 3 Stir in the chilli powder, oregano, tomatoes, stock and water. Bring the mixture to the boil, lower the heat, cover and allow to simmer for about 5 to 10 minutes.
- 4 Add the sweet corn, chillies, coriander and chicken. Simmer for a further 10 minutes.
- 5 Ladle the soup into individual serving bowls. Garnish with crushed tortilla chips, avocado slices, cheese and chopped spring onions. 



DID YOU KNOW...

Corn is grown on every continent except Antarctica



You can customise your burger 250 ways

Five Guys

Want to know what all the fuss is about? Here's the lowdown on the world-famous burger joint, now open in Dubai

It's the fastest growing restaurant chain in American history, which has gone from Mom and Pop operation, founded by couple Janie and Jerry Murrell in 1986, to a global franchise with over 1200 locations following its immense popularity. It's an inspirational story of father-of-five Jerry who learned how to cook when he was a broke student studying at college and ran a fraternity house kitchen to get by. After later getting married and faced with the fact that his eldest two boys didn't want to go to college, it set the wheels in motion for the kind of burger restaurant that he frequented as a young boy, investing the money saved for his kids' tuition with a simple burger and fries concept. Today, all five of his sons work in the company.

Its unique selling point is the fact that everything is made fresh on the premises. You won't find a single freezer on site, with

burgers shaped by hand from premium beef that is delivered daily. The same goes for the fries, which are hand-cut from huge sacks of potatoes (you even know which farm they're from as it's advertised on a small blackboard in-store), fried twice in peanut oil by the dedicated team. They have clearly gotten their formula down to a T, as the chain now boasts a celeb cult fan following which includes the likes of President Barack Obama (who likes his with lettuce tomato and jalapenos), Kim Kardashian and One Direction's Niall Horan, so when we heard that Five Guys was making its way to Dubai, we had to try it out. Surely one burger is as good as them all?

Decked out in a simple red and white décor, there is no doubt that Five Guys is a Stateside institution, possessing a simple

"The focus is on burgers because that's what they're good at"

vintage diner vibe. It's busy and the soft but trendy soundtrack gives this burger joint an upbeat ambience. The menu itself is limited – guests can choose from a regular burger, and by regular we mean the US equivalent of what regular means (i.e. huge), that comes with two beef patties, or the small burger, a much more manageable one patty affair. Both come with cheese and as many toppings as you like, including lettuce, pickles, mushrooms, green peppers,

Each burger is made from fresh beef, never frozen



onions and jalapenos and a vast range of sauces at no extra charge, which allows you to customise to preference, with up to 250 different combinations on offer. Besides the burgers and fries, you can order hot dogs and milkshakes and that is pretty much it. There is zero chicken on the menu, vegetarians are relegated to dining on meatless cheese and salad buns and there is not a single salad or dessert to be had. The focus is on burgers because that's what they're good at. Fair play.

While you wait for your order, you can nibble on complimentary in-the-shell peanuts, not that it's long before your food arrives in non-descript brown paper bags. The burger *does* have a different taste to your average fast food version and is juicy without being greasy. Likewise, the skin-on fries are crisp and moreish without the sensation of your arteries becoming clogged with every mouthful. All in all, a tasty burger experience but nothing that will change your life and truth be told, we think it's because we've been a bit short-changed when it comes to our local version.

Firstly, there is no bacon listed on the menu of toppings. Perhaps it's because our halal turkey, beef and veal varieties don't come up to scratch? Secondly, the burger buns appear to be the run-of-the mill variety found in just about every other fast food store and not freshly baked, so essentially, we're missing out on the complete experience that has made Five Guys so popular, and thirdly, where is the Coca Cola Freestyle machine that offers 125 soft drink options in which to water down your meal that we've read so much about in the US and the UK? In Dubai where we usually appear to do it bigger and better than anywhere else in the world, these points leave us a tad disappointed with the lack of consistency. Don't get us wrong – it's a great 'cheat meal' in any case which deserves to be tried at least once; we're just sad that it didn't fulfill the mind-blowing expectations following all the hype. **INFO:** 10am-12midnight daily, lower ground floor, The Dubai Mall, 04 380 4117, www.thedubaimall.com





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Sleep Easy With An... OVERNIGHT BREAKFAST

A little bit of prep the night before means that you can treat yourself to a well-deserved lie-in and a start to the day that dreams are made of!



CHERRY AND ALMOND BAKED PORRIDGE

SERVES 8

Imagine all the taste of a bakewell tart without the calories... that's what you have in this delicious way to start your day – and what's more, it's completely vegan!

INGREDIENTS

*2½ cups whole rolled oats
(not quick or instant)
1¾ cups almond milk
½ cup melted coconut oil or
butter
4 whole eggs
½ cup honey
1 tsp baking powder
½ tsp salt
3 tsp cinnamon
2 tsp almond extract
1 cup dried cherries
1 cup chopped almonds*

METHOD

- 1 Mix the oats and almond milk together in a 23cm x 33cm glass dish that has a lid at breakfast time, the day before you need it. Cover and allow to rest at room temperature for 24 hours.
- 2 The night before, beat the oil, sweetener and eggs until glossy in a food processor. Add the baking powder, salt, cinnamon and vanilla.
- 3 Transfer the mixture to the glass dish of soaked oats. Add the cherries and almonds. Stir to combine. Cover the dish again and leave in the refrigerator overnight.
- 4 In the morning, place the glass dish, uncovered, straight from the fridge into a cold oven. Then heat the oven to 180C.
- 5 Bake for 30 to 40 minutes until a knife inserted into the centre comes out clean.
- 6 Serve with warmed almond milk and honey.



SPICY EGG BAKE

SERVES 10

Savoury brekkie lovers will adore the chilli kick of this that boosts the metabolism and gets you geared up for the day ahead.

INGREDIENTS

340g sausages, cooked and sliced

5 cups frozen hash browns

100g green chillies,

chopped

3 cups Monterey Jack cheese

6 eggs

1½ cups milk

¼ tsp salt

TO SERVE

1 cup salsa

METHOD

1 Grease a 22cm x 23cm glass baking dish with cooking

spray.

2 Spread the frozen hash browns in the bottom of the dish.

3 Sprinkle with the cooked sausages, green chillies and half the cheese.

4 In a medium bowl, beat the eggs, milk and salt with fork or balloon whisk until well blended. Pour over the potato mixture.

5 Sprinkle with remaining cheese. Cover and refrigerate for at least 8 hours but no longer than 12 hours.

6 Heat the oven to 180C.

7 Bake uncovered for 50 to 60 minutes or until knife inserted into the centre comes out clean.

8 Allow to stand for 10 minutes before cutting into squares. Serve with salsa.



ONE-POT FRENCH TOAST

SERVES 6 TO 8

Enjoy this popular dish as a family without breaking a sweat

INGREDIENTS

1 loaf stale bread
6 eggs
1¾ cups milk
¼ cup cooking cream
¾ cup sugar

2 tbsp vanilla extract
½ cup all-purpose flour
½ cup brown sugar
1 tsp cinnamon
½ tsp salt
115g butter, cubed
1 punnet fresh raspberries
Maple syrup

METHOD

1 Grease a 22cm x 23cm baking pan.

2 Tear the bread into chunks and place them into the greased pan. Mix together the eggs, milk, cream, sugar, and vanilla extract and pour the mixture evenly over the bread. Scatter about half the raspberries on top of the mixture.

3 In a separate bowl, mix together the flour, brown sugar, cinnamon and salt.

4 Add the butter and mix until the batter comes together. Sprinkle the flour and sugar mixture evenly over the top of the bread mixture. Place in the refrigerator overnight.

5 In the morning, preheat the oven to 180°C.

6 Bake for 45 to 60 minutes, until golden brown.

7 Serve with more fresh berries and maple syrup.

PEA-CHIA PARFAIT**SERVES 2**

This is both a vegan and paleo-friendly recipe, packed with anti-inflammatory Omega-3s and which both fills you up and helps you to banish the bloat

INGREDIENTS

3 tbsp chia seeds

*1 cup coconut milk
½ tbsp honey
280g Greek yoghurt
2 peaches (or nectarines if you prefer), diced
2 tbsp sliced almonds*

METHOD

1 Combine the chia seeds with the coconut milk and honey and refrigerate overnight.

2 In the morning, mix together with the yoghurt.
3 Fold in the fruit and nuts.
4 Serve with an additional drizzle of honey, if desired.



SUPER SPEEDY SUPPERS

Pushed for time? Put that takeaway menu down and get busy in the kitchen to whip up these healthy meals courtesy of fresh food delivery service, Dinnertime.me, which will have a nutritious home-cooked dish on the table in just half an hour!



Cooking time
30
MINUTES

CHILLI-RUBBED SALMON WITH AVOCADO SALSA

SERVES 4

INGREDIENTS

4 servings of rice, cooked
600g salmon fillets
4 tbsp olive oil
4 tbsp brown sugar
1 tsp chilli powder, or to taste
2 tsp ground cumin
1 tsp ground cinnamon
2 tsp black pepper
Salt, to taste

FOR THE AVOCADO SALSA

2 avocados, diced into 1cm cubes

4 tbsp fresh coriander, chopped
3 tomatoes, chopped
Juice of two limes

METHOD

- 1 Preheat the oven to 200C.
- 2 Wash the salmon and pat dry.
- 3 Brush the salmon fillets with 1 to 2 tablespoons of olive oil.
- 4 On a flat plate, combine the brown sugar, chilli powder, ground cumin, cinnamon, pepper and salt.
- 5 Rub the salmon generously with the spices, sprinkling extra on top.
- 6 Heat the 2 remaining



Top Tip

If your avocados are not ripe, place them in a paper bag together with a tomato, apple or banana. This traps the ethylene gas they produce and speeds up ripening, which should only take one to three days.

tablespoons of olive oil in a frying pan and place the fillets skin side up.

- 7 Fry for about 2 to 3 minutes until slightly blackened.
- 9 Remove from the frying pan, place into a baking dish skin side down and place in the oven for 8 to 10 minutes. Be mindful not to overcook.
- 9 Meanwhile, prepare the salsa by combining all the ingredients together in a bowl.
- 10 Plate the rice, top with a salmon fillet and spoon over the salsa. Serve immediately.



Cooking time
30
MINUTES

CHILLI POT WITH WALNUTS AND GARLIC

SERVES 4

INGREDIENTS

1 onion, finely diced
1 tbsp coconut oil
2 cloves garlic, peeled and crushed
1 to 2 fresh chillies, sliced
80g walnuts (option to toast lightly in the oven)
1 tsp ground cumin
1 tsp paprika powder
800g minced beef
4 carrots, peeled and finely diced
3 Arabic courgettes, finely diced
A tin of chopped tomatoes
2 tbsp tomato purée

1 tbsp tapioca starch (for a thicker sauce, optional)
1 to 2 tsp cocoa powder, optional
70g Lindt 85% dark chocolate
1 bunch fresh coriander leaves, to serve

METHOD

- 1 Heat a large heavy-based saucepan over a medium-high heat and preheat the oven to approximately 120C if you would like to toast the walnuts.
- 2 Add the coconut oil, diced onions, crushed garlic and chillies. Stir until the onion starts to become translucent.
- 3 Tip about two handfuls of

walnuts onto a baking tray and roast for about 10 to 15 minutes.

- 4 Add the cumin and paprika powder to the saucepan with the onion and stir for a minute before adding the minced beef. Turn up the heat to high and sauté the beef until browned.
- 5 Add the carrots, courgettes, chopped tomatoes and tomato paste to the pot and allow to cook on high, stirring occasionally for about 10 to 15 minutes, or until the carrots are tender.
- 6 If you would like to thicken the sauce, mix a teaspoon of tapioca starch with a dash of water in a mug, then tip into the pot, stirring thoroughly and ensuring you continue to let it boil for at least another 2 to 3 minutes to cook the starch.
- 7 If you are using cocoa powder, add this here as well.
- 8 When the carrots are cooked, chop the walnuts roughly and add to the pot.
- 9 Remove from the heat and allow to cool slightly while you cut up chocolate into small pieces using a sharp knife, and roughly chop a handful of fresh coriander leaves.
- 10 You can mix the chocolate through the whole pot before serving (it will melt) or use it as a garnish with the coriander so that it adds texture.

CHICKEN BAKED WITH WHITE BEANS, SPINACH AND CREAM

SERVES 4

INGREDIENTS

2 bunches fresh spinach, chopped
3 garlic cloves, finely chopped or crushed
200ml cooking cream
2 tbsp Dijon mustard
600g chicken breast fillets
½ to 1 bunch of thyme (zaatar)
2 cans of white beans, drained and rinsed

Freshly ground salt and black pepper, to taste
600g chart potatoes, washed and halved
2 to 4 tbsp olive oil
2 tbsp butter, optional

METHOD

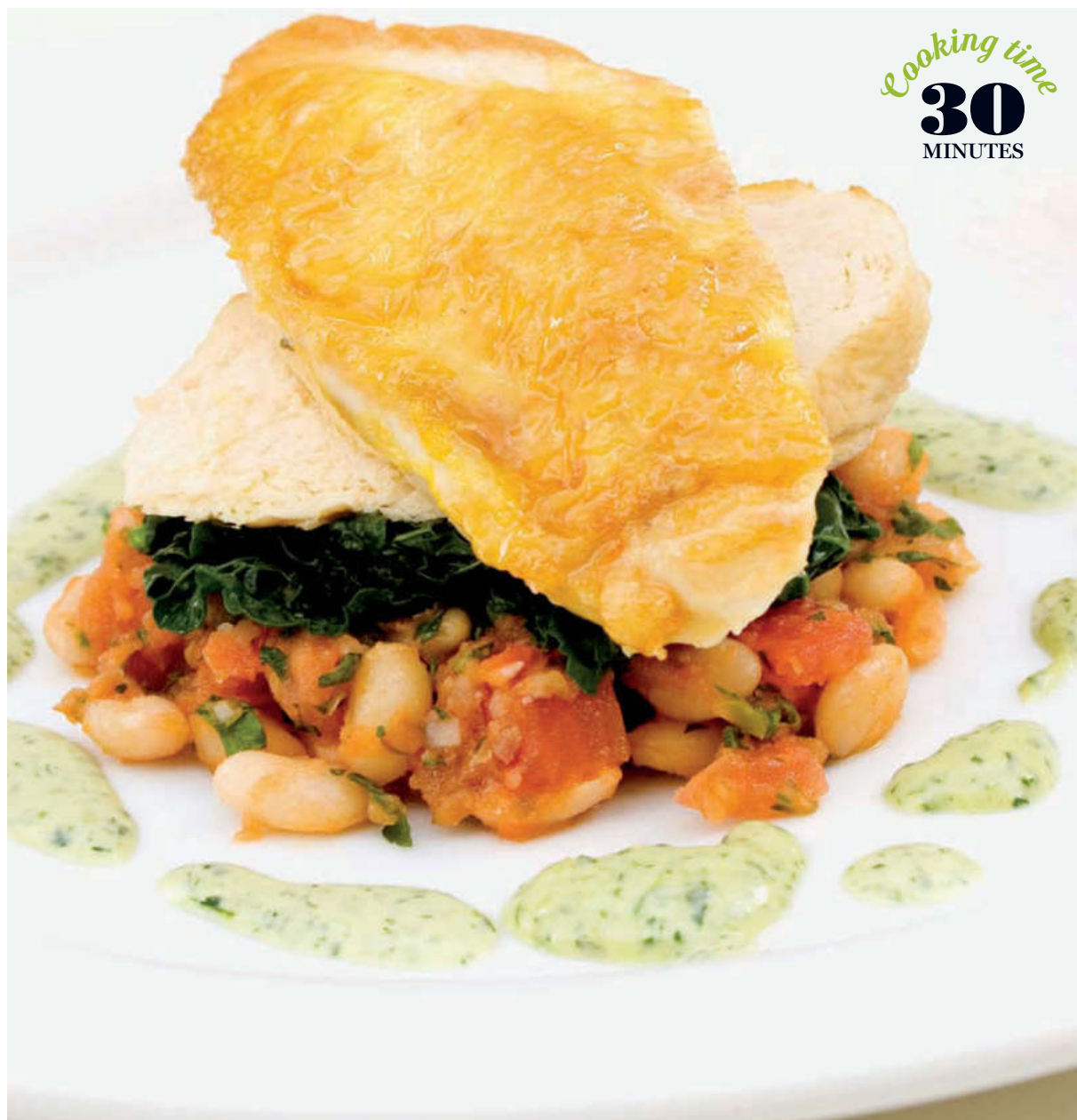
- 1 Preheat the oven to 220C.
- 2 Make an envelope out of baking foil by taking two large pieces about the size of a shoebox. Place one on top of the other and fold the sides to seal tightly. Leave one side open.
- 3 Combine the cream and

- mustard, then add the chicken, spinach, zaatar/thyme leaves, beans and garlic. Mix thoroughly.
- 4 Mash some of the beans with your hands for added flavour and to add a creamy consistency. Season with freshly ground salt and pepper to taste.
- 5 Carefully transfer the chicken fillets and mixture to the foil envelope and tightly seal the remaining side. Place in a shallow baking dish and into the preheated oven for 25 to 30

minutes, until the chicken is cooked through.

- 6 Meanwhile, boil the potatoes in salted water until tender. Drain and allow to steam dry for a few minutes.
- 7 Heat the oil and butter, if using, in a frying pan.
- 8 Toss in the potatoes and sauté for a few minutes until golden.
- 9 Sprinkle with ground salt and pepper and serve with the chicken.

cooking time
30
MINUTES





Cooking time
30
MINUTES

LEMON LINGUINE WITH PARMESAN AND BASIL

SERVES 4

INGREDIENTS


500g linguine pasta
Juice of 3 lemons, zest of 1 lemon
1 garlic clove, finely chopped
100g Parmesan cheese, grated
6 tbsp extra-virgin olive oil, plus extra for dressing
Salt and pepper, to taste
1 pot of fresh basil, leaves

picked and finely chopped
½ package rocket leaves, chopped
1 tsp honey
1 ½ tbsp balsamic vinegar

METHOD

- 1 Cook the linguine according to package instructions.
- 2 Combine the lemon zest, most of the juice (save some for the dressing), garlic, most of the Parmesan and olive oil in a large bowl until it's thick and creamy.
- 3 Drain the pasta and toss with the sauce, making sure it coats every strand of pasta. Season with salt and pepper. Taste and adjust the seasoning if required.
- 4 Stir in the basil, divide onto plates and scatter over some extra Parmesan.
- 5 Place the rocket leaves in a serving bowl.
- 6 Combine 3 tablespoons of olive oil, 1½ tablespoons of lemon juice and the honey to make the dressing. Season

with salt and pepper, to taste.

- 7 Alternatively, you can make another dressing by combining 3 tablespoons of olive oil, 1½ tablespoons of balsamic vinegar, and any remaining basil, that should be chopped so finely that it's almost puréed. Season to taste.
- 8 Dress the rocket leaves.
- 9 Serve the pasta with the rocket salad. 

Chic Eats

When Italian fashion graduate Anna Marconi couldn't afford the haute couture she drooled after, she decided to satiate her appetite for designer threads by cooking them up instead. The result is her 'Taste of Runway' blog, which has brought her global fame for her innovative method of combining food and runway trends to create an edible catwalk that everyone can enjoy

PURPLE POTATO GNOCCHI WITH BUTTER AND SAGE SAUCE

Inspired by: Carolina Herrera

SERVES 4

INGREDIENTS

1kg purple potatoes

300g flour

1 or 2 eggs

A pinch of salt

FOR THE SAUCE

150g butter

10 leaves of fresh sage

Pepper, to taste

Parmesan cheese, to serve

METHOD

- 1 Place the purple potatoes with their skins on in plenty of salted boiling water or a pressure cooker.
- 2 Spread some flour on a work surface.
- 3 Once the potatoes have boiled, peel and mash them while still hot, using a potato masher directly onto the flour.
- 4 Add some salt and then an egg. If the dough is too stiff, add another egg.
- 5 Knead until you get a smooth elastic and firm dough with no lumps (if it's too soft you can add a pinch of flour).
- 6 Cut into about 3cm-thick slices and roll each piece with your hands onto the floured work surface to shape long 'snakes' of dough to be cut with a knife into 2cm pieces.
- 7 Place the gnocchi onto a floured tray, and allow to rest for 15 minutes.
- 8 Bring a pan of salted water to



the boil and drop the gnocchi in, a few at a time to avoid sticking. When they float to the top, they are ready.

9 Melt the butter in a large non-stick pan, add the pepper and the washed and chopped sage and mix everything for 5 minutes over low heat, until the butter darkens and the sage becomes crunchy.

10 Remove the gnocchi, a few at a time using a sieve and throw them directly into the pan of

sage and butter sauce. Cook for 1 minute, stirring gently with a wooden spoon to combine. Serve immediately.





STRAWBERRY SUMMER CREAM

Inspired by: Giambattista Valli

SERVES 4

INGREDIENTS

440g strawberries
80g sugar
200ml refrigerated double cream
Edible rose petals, to serve

METHOD

- 1 Wash the strawberries and place in a blender with the sugar. Blend until the mixture is creamy.
- 2 Place the cold double cream

in a large bowl and whip with an electric mixer until the consistency is firm.

- 3 Add $\frac{2}{3}$ of the fruit purée from the blender to the cream and fold in from the bottom up to mix well.
- 4 Pour the remaining fruit purée into serving glasses, cover with the fruit cream and stir gently to create stripes.
- 5 Refrigerate for at least 30 minutes.
- 6 Decorate with edible rose petals and serve.





CHEESE-STUFFED STRAWBERRY RAVIOLI

Inspired By: Jason Wu

SERVES 6

INGREDIENTS

FOR THE FILLING

250g ricotta cheese
250g mascarpone
150g Parmesan cheese,
grated
1 egg yolk
1 tbsp chopped parsley
A pinch of nutmeg
Salt, to taste

FOR THE DOUGH

350g strawberries
350g semolina flour
150g type 00 flour
3 eggs
Salt, to taste

FOR THE SAUCE

4 tbsp butter
8 sage leaves
½ lemon, juiced
¼ cup Parmesan cheese,
grated

METHOD

- 1 Place the cheeses, egg yolk, a pinch of nutmeg, salt and chopped parsley into a bowl. Mix all ingredients until creamy and consistent. Cover with clingfilm and keep refrigerated until required.
- 2 Blend the strawberries and strain the purée through a sieve.
- 3 Combine the two flours and add all the purée. Begin kneading the mixture into a dough. Add one egg at a time, combining the dough each time. After the third egg, mix well for about two minutes. If the dough is too stiff, add another egg.
- 4 Knead well, either using a stand mixer fitted with a dough hook or using your hands.
- 5 Take the dough and cut it into about four pieces, for easier rolling.
- 6 Using a rolling pin or pasta machine, roll the dough into thin strips, before cutting into approximately 5cm x 5cm squares. Cover the dough with a damp tea towel to prevent it from drying out as you work.
- 7 Place the filling in the centre and then close the dough over to conceal the filling in a triangle, or any other shape you prefer.
- 8 Place the filled pasta onto baking trays dusted with flour.
- 9 Bring a large pan of water to the boil with the olive oil and salt to taste.
- 10 Cook the ravioli with the lid closed for the first three minutes and then uncover until cooked through.
- 11 In the meantime, melt the butter in sauté pan and cook until a golden brown colour appears in the thinnest liquid of the butter.
- 12 Add the sage leaves and remove from the heat. Add the lemon juice and set aside.
- 13 Drain the pasta, but leave a little of the cooking water.
- 14 Add the pasta with the cooking water to the sauté pan.
- 15 Return the pan to the heat, add the grated Parmesan and toss to coat. Serve immediately.



PUMPKIN RISOTTO WITH GRANA PADANO CHEESE

Inspired by: Matthew Williamson

SERVES 4

INGREDIENTS

400g Arborio rice
300g pumpkin
100g Grana Padano cheese,
grated
1L vegetable stock (recipe
below)

50g butter
1 onion
½ glass white grape juice
A splash of extra-virgin
olive oil

FOR THE STOCK

2 medium potatoes
2 tomatoes
1 stalk of celery
2 carrots
1 onion
1 tsp parsley, chopped
1 tbsp extra-virgin olive oil
Salt, to taste

METHOD

- 1 Begin by preparing the stock. Peel the potatoes, carrots and onion and cut everything in half. Cut the tomatoes into quarters and chop the celery.
- 2 Place all the vegetables and the parsley into a large pan full of water. Add the olive oil

and salt to taste and continue cooking over low heat for 20 minutes. Strain the stock into a large clean pan and set aside.

- 3 Clean the pumpkin by removing the seeds, cut it into slices and then peel and cut into cubes.
- 4 In the meantime, fry the chopped onion in a pan with a little extra-virgin olive oil. When the onion is brown, add the diced pumpkin. Once it has softened, add the rice. Stir well (otherwise the rice will stick to the pan) and cook for 10 minutes.
- 5 Add the white grape juice and the vegetable stock a little at a time and when needed (to prevent the risotto from drying out and burning).
- 6 Cook over a low heat for 20 minutes, checking frequently by tasting it.
- 7 Approximately two minutes before the end of the cooking time, add the grated Parmesan cheese and the butter, stirring constantly to mix all the ingredients together. Serve immediately.





OPEN SANDWICH WITH AVOCADO, LIME AND EGGS

Inspired by: Marni

SERVES 4

INGREDIENTS

4 slices of crusty white bread
2 avocados, sliced
The juice of 1 lime
1 tbsp flax seeds
4 tbsp soy sauce
4 eggs
1 tbsp white wine vinegar

METHOD

- 1 Season the sliced avocados with lime, soy sauce and flax seeds and stir gently with a wooden spoon. Allow to rest for a few minutes.
- 2 Begin toasting the bread.
- 3 In the meantime, break one

egg at a time into a small bowl, being careful not to break the yolks.

- 4 Bring a pan of water with the vinegar to the boil.
- 5 Once boiling, carefully lower the egg into the water.
- 6 Lower the heat and cook for 3 minutes (if the pot is big, you can cook the eggs together by putting them in the water after one minute).
- 7 Toast the bread.
- 8 Top each slice of toast with the avocado salad.
- 9 After three minutes, remove each egg from the pan with a slotted spoon and place on top of the avocado salad to serve.





BLACK AND WHITE RICE TOWER WITH CREAMED COD

Inspired by: Akris



SERVES 4

INGREDIENTS

FOR THE CREAMED COD

500g cod
 ½ L milk
 ½ clove minced garlic
 2 tbsp parsley, chopped
 2 anchovy fillets
 500ml extra-virgin olive oil
 Salt and pepper, to taste

FOR THE RICE

40g basmati rice
 140g black rice

METHOD

- 1 Dry the cod well and place in a large saucepan with the milk.
- 2 Cover with a lid and cook over a low heat for about 20 minutes.
- 3 Using a slotted spoon, place the fish in a colander and allow to drain well. Set the milk aside.
- 4 Place the cod in a blender. Add the parsley, anchovies and garlic and mix until well combined.
- 5 Continue to blend, adding the oil and stirring until the mixture becomes white and frothy, taking the consistency of a cream. Season with salt and pepper and pour the milk previously set aside to get the right creamy consistency. Set the mixture aside.
- 6 Bring two pans of water to the boil and cook each type of rice according to the package instructions.
- 7 Drain, keeping the two rice varieties well separated, and with the help of a mould, shape the rice into a tower, alternating the two colours.
- 8 Place the cod on top and serve.

Playing it Safe

Do you find cooking for guests with intolerances a daunting task?
Try these alternative recipes for popular foods that are as easy as 1, 2, 3!

When my sister was in town recently, I was faced with the huge challenge of catering for her as she has recently developed an allergy to nightshade vegetables, which include tomatoes, peppers, chillies and basically a huge chunk of the produce I use in my day to day cooking. It led me to explore a different approach to creating dishes with the offending ingredients omitted, which may just work for you too!



NOMATO SAUCE

SERVES 4

Use this recipe for anything that calls for a tomato base, from pizzas to pasta, enchiladas, curries and even as a dip. We think you'll be surprised by how much it tastes the same!

INGREDIENTS

12 carrots, peeled and diced
4 small beetroot, cooked, peeled and diced
2 large onions, diced
6 celery sticks, diced
2 bay leaves, whole
3 cups water

METHOD

- 1 Place all the ingredients in a saucepan. Bring to the boil, cover and then reduce to a simmer until all the vegetables have softened.
- 2 Remove the bay leaves and transfer the mixture to a blender to purée until smooth.
- 3 Use as the basic base for whichever recipe you are using this in, adding chopped fresh herbs such as parsley, basil and oregano for Italian dishes and spices such as cumin and coriander for Mexican and Indian dishes.



WHEATLESS BREAD BUNS

MAKES 10 PIECES

The added bonus of this recipe is that allergy-friendliness aside – it's also great for those who are on a diet as it is virtually carb-free and packed with protein

INGREDIENTS

3 eggs, separated
3 tbsp cream cheese

*¼ tsp cream of tartar
A pinch of artificial sweetener*

METHOD

- 1 Preheat the oven to 150C.
- 2 Separate the eggs, being mindful that no yolk combines with the white.
- 3 Mix the egg yolks, sweetener and cream cheese in a bowl until smooth.

- 4 In a separate bowl, beat the egg whites and cream of tartar together on high speed until they are fluffy and form stiff peaks.
- 5 Carefully fold the egg yolk mixture into the egg whites until combined, but keep the mixture as fluffy as possible.
- 6 Lightly grease two baking sheets.
- 7 Using a large spoon, dollop

10 even rounds onto the sheets, about 2cm thick and about 10cm in diameter.

- 8 Bake on the middle rack for about 30 minutes, checking frequently, until they are golden brown.
- 9 Remove from the oven and allow to cool before transferring to ziploc bags to allow them to develop a bread-like chew.



NUT-FREE PEANUT BUTTER

MAKES 1 JAR

If your child loves peanut butter, this is a school-friendly spread that makes packing lunches a doddle!

INGREDIENTS

¼ cup granulated sugar
4 cups finely grated coconut, unsweetened
1 cup raw sunflower seeds
1½ tbsp coconut oil
¼ tsp salt

INGREDIENTS

- 1** Place the sugar in a food processor and pulse for 10 to 15 minutes until powdery. Remove and set aside.
- 2** Toast the sunflower seeds in a frying pan set over a medium heat, stirring constantly until the majority of seeds are golden brown in colour.
- 3** Repeat the process with the coconut, being more mindful this time as coconut toasts rapidly. It's ready when some of the shreds are golden, no need to make sure that they all are.
- 4** Transfer the sunflower seeds to a food processor and whizz on low until you

achieve a fine powder.

- 5** Add the coconut oil and blend again, increasing the speed to medium, scraping the sides down as you go. Once incorporated, give the mixture a final blend on high speed for about 10 seconds.
- 6** Add 1 cup of the coconut. Blend at medium speed for 20 to 30 seconds. Scrape down the sides and once the mixture has combined, increase the power to high for 10 seconds until a buttery texture begins to form.
- 7** Add another cup of coconut and repeat this process until all the coconut is incorporated.
- 8** The mixture should look runny now. Add the salt and sugar and blend at high speed for about 60 to 90 seconds.
- 9** The mixture will now be hot and runny. Pour carefully into a jar and allow to cool at room temperature until firm. This can take from 8 to 24 hours, depending on the temperature of your kitchen.
- 10** Store at room temperature for up to a week or in the refrigerator for up to a month.

EGGLESS PANCAKES

MAKES 8

Put a smile on everyone's face with a delicious stack of these beauties

INGREDIENTS

150g self-raising flour
¼ cup caster sugar
½ tsp bicarbonate of soda
1 cup milk
20g butter, melted, plus extra to grease the pan
2 tsp white vinegar
1 tsp vanilla extract
Maple syrup, to serve

METHOD

- 1** Place the flour, sugar and bicarbonate of soda in a medium bowl. Mix to combine and then make a well in the centre.
- 2** Pour the milk, butter, vinegar and vanilla extract into the well and whisk into a smooth batter.
- 3** Lightly brush a non-stick frying pan with butter and set over a medium heat.
- 4** Pour about a ¼ cupful of batter into the pan.
- 5** Cook for 1 to 2 minutes or until bubbles rise to the surface and the base is golden brown. Use a spatula to turn and cook for a further 1 to 2 minutes or until golden brown and cooked through. Transfer to a plate and loosely cover with foil to keep warm.
- 6** Repeat with remaining batter to make 8 pancakes.
- 6** Drizzle with maple syrup and serve.





DAIRY-FREE CREAM CHEESE

MAKES 1 20CM ROUND

A perfect accompaniment to a hot and toasty bagel

INGREDIENTS

*¼ cup nutritional yeast
(a deactivated yeast
found in health stores)
¼ cup soya milk powder
1 cup soya milk
1 tsp vinegar
1 tbsp spicy mustard
1 tbsp salt, plus more to
taste
340g firm tofu*

METHOD

- 1** Preheat the oven to 180C. Have a non-stick cake pan to hand.
- 2** Combine the nutritional yeast and the soya milk powder in a small saucepan. Set over a medium heat, then add

in the soya milk, mixing until the powders have dissolved.

- 3** Stirring constantly, add the vinegar, mustard and salt, and cook until thickened. Remove from the heat.
- 4** Process the tofu in a food processor until creamy. Carefully add the soya milk mixture and process until well combined.
- 5** Pour the mixture into a cake pan and bake for 35 to 40 minutes, or until cheese has a golden skin, but still feels creamy in the centre when you press on the surface.
- 6** Remove from the oven and allow to cool on a cooling rack.
- 7** Either store in the refrigerator to use as a spread, or serve warm as a creamy dip.

Steak-Out!

When preparing a special meal, nothing is more appreciated than a well-cooked steak dinner. While it may seem simple, it's very easy to get it wrong, but with our easy-to-follow tips from Legends steakhouse at Dubai Creek Golf and Yacht Club, this is a guide to sure-fire success!



LEGENDS TENDERLOIN

SERVES 2

The most tender of meat cuts with the least fat

INGREDIENTS

2 tenderloin pieces, weighing about 200g each

1 tbsp olive oil

A pinch of salt

Coarsely ground black pepper, to taste

FOR THE MIXED VEGETABLES

100g baby carrots

120g broccoli

80g yellow and green

courgettes

80g assorted mushrooms

80g asparagus spears

30g butter

Salt and pepper, to taste

FOR THE ROSEMARY ROAST POTATOES

30ml olive oil

1 tbsp minced garlic

1 tsp fresh rosemary, chopped

750g Ratte potatoes

1 tsp rock salt

1 tsp cracked black pepper

FOR THE SAUCE

30ml olive oil, for coating

the pan

60g shallots, minced

120ml red wine or red grape juice

120ml beef stock

30g butter

Salt, to taste

1 tbsp rosemary, chopped, optional

METHOD

1 Begin by making the potatoes. Preheat the oven to 200C.

2 Wash and pat them dry before placing in a large bowl. If there are any large potatoes,

cut them in half.

3 Add the olive oil, minced garlic, rosemary, salt and pepper. Toss the potatoes, making sure they are evenly coated with the herbs and oil. Place them onto a baking sheet and bake in the oven for 30 to 35 minutes, gently moving them around on the pan halfway through cooking.

4 In the meantime, make your sauce. Add enough olive oil to coat a pan and set over a medium-high heat. Add the shallots and cook until translucent.

5 Add the red wine or grape juice and the stock. Reduce by half.

6 Stir in the butter and chopped rosemary. Set aside.

7 Boil each of the vegetables except the mushrooms, separately in pans of salted water until tender. Drain each pan, then combine all the vegetables with the mushrooms and sauté in melted butter. Season with salt and pepper and set aside to keep warm.

8 Rub the steak with oil and season with salt and coarsely ground black pepper.

9 Preheat the grill or frying pan (as below) and cook to preference. Allow to rest in a warm place for 5 minutes.

10 Remove the potatoes from the oven. Garnish with more fresh rosemary and a drizzle of olive oil.

11 Arrange on your plate and serve immediately.

HOW TO COOK:

TO GRILL: For a gas grill, preheat the grill and then reduce the heat to medium. Place the meat on a grill rack. Grill to desired doneness, turning once halfway through

grilling. Allow 10 to 12 minutes for medium rare (56C), or 12 to 15 minutes for medium (60C). Remove steaks from the grill. Cover with foil and allow to rest for 5 minutes.

TO SAUTÉ: Heat a frying pan set over a medium-high heat until hot. Add 1 tablespoon of butter and reduce the heat to medium. Cook, uncovered, for 7 to 9 minutes for 7½ cm-thick

steaks or 10 to 13 minutes for 2½ cm-thick steaks, until it reaches your preferred doneness (56C for medium rare and 60C for medium). Rest for 5 minutes before serving



LEGENDS STRIPLOIN

SERVES 2

The striploin is a tender cut with a higher fat content

INGREDIENTS

2 striploin pieces, about 300g each

1 tbsp olive oil

A pinch of salt

Coarsely ground black pepper, to taste

FOR THE MIXED VEGETABLES

100g baby carrots

120g broccoli

80g yellow and green courgettes

80g assorted mushrooms

80g asparagus spears

30g butter

Salt and pepper, to taste

FOR THE HOMEMADE FRIES

600g Agria or other floury potatoes

Salt and pepper, to taste

Vegetable oil for frying

FOR THE BÉARNAISE SAUCE

100g shallots, finely chopped

30g fresh tarragon leaves, chopped

4 tbsp water

60ml dry white wine, or

white grape juice

60ml white wine vinegar

175g unsalted butter

3 egg yolks

METHOD

1 Begin with the potatoes. Peel and cut into fries, about 1cm thick and about 8 to 10cm long. If you have a sous vide machine, vacuum seal the potatoes without overlapping them and sous vide for 45 minutes at 85C until perfectly tender. If you don't have a sous vide, you'll only need about 8 to 10 minutes to par boil them in boiling salted water before deep-frying, so

adjust your preparation time accordingly and move this step to step 3.

2 Next, boil each of the vegetables, except the mushrooms, separately in pans of salted water until tender. Drain each pan, then combine all the vegetables with the mushrooms and sauté in melted butter. Season with salt and pepper and set aside to keep warm.

3 For the Béarnaise sauce, place the shallots, tarragon, water, wine and vinegar in a small saucepan and bring to the boil. Cook until the liquid has reduced by half. Strain through a sieve and reserve the liquid.

4 Melt the butter in a saucepan until foaming and then cook gently for a further minute until white foam begins to form on top. Skim the foam off and discard; then allow the

butter to cool slightly.

5 Add the egg yolks and vinegar reduction to the bowl of a blender and blend slowly. Add the melted butter in a slow, steady stream until the sauce has thickened and all of the butter is incorporated. Take your time so as not to curdle the sauce. Transfer to a bowl and set aside until needed.

6 Rub the steak in oil and season with salt and coarsely ground black pepper.

7 Preheat your grill or frying pan and cook the steak for 10 to 15 minutes on each side for a well-done steak, or until cooked to your liking (as below). Leave aside to rest in a warm place.

8 Fry the homemade fries until golden brown with a crunchy outer crust.

9 Plate the fries with the steak and vegetables and serve.

HOW TO COOK:

Take the Striploin out of the fridge 30 minutes before cooking to allow to come to room temperature. Heat a griddle or frying pan over a high heat, until smoking hot. Lightly brush the

steaks with a little olive oil and season with sea salt and freshly ground black pepper just before cooking.

Timings are based on cooking a strip loin steak that's about 2½ cm thick. (Cooking times will

vary depending on the type and thickness of the steak, and how hot your grill or pan is.) Turn the steaks until good sear marks are achieved, then turn them over and cook on the other side. For medium-rare, cook for 2 minutes

on each side at 56C and 2¼ minutes at 60C for medium doneness. Allow the steak to rest for about 5 minutes before serving, to allow the juices that have been drawn to the surface to relax back into the meat

LEGENDS TOMAHAWK**SERVES 2**

This rib steak is served on the bone. It's the most flavourful cut with a large amount of fat

INGREDIENTS

750g Tomahawk steak, trimmed

1tbsp olive oil

A pinch of salt

Coarsely ground black pepper, to taste

FOR THE CARROT PURÉE

500g carrots chopped

30g butter

Salt, to taste

½ tsp nutmeg powder

FOR THE ROSEMARY**ROAST POTATOES**

30ml olive oil

1 tbsp mince garlic

1 tsp fresh rosemary, chopped

750g Ratte potatoes

1 tsp rock salt

1 tsp cracked black pepper

FOR THE SAUCE

30ml olive oil, for coating the pan

60g shallots, minced

120ml red vino or red grape juice

120ml beef stock

30g butter

Salt, to taste

1 tbsp rosemary, chopped, optional

METHOD

- 1 Begin by making the potatoes. Preheat the oven to 200C.
- 2 Wash and pat them dry before placing in a large bowl. If there are any large potatoes, cut them in half.
- 3 Add the olive oil, minced garlic, rosemary, salt and pepper. Toss the potatoes making sure they are evenly coated with the herbs and oil. Place them onto a baking

sheet and bake in the oven for 30 to 35 minutes, gently moving them around on the pan halfway through cooking.

- 4 In the meantime, make your sauce. Add enough olive oil to coat a pan and set over a medium-high heat. Add the shallots and cook until translucent.
- 5 Add the red wine or grape juice and the stock. Reduce by half.
- 6 Stir in the butter and chopped rosemary. Set aside.
- 7 Boil each of the vegetables (except the mushrooms) separately in pans of salted water until tender. Drain each pan, then combine all the vegetables with the mushrooms and sauté in melted butter. Season with salt and pepper and set aside to keep warm.
- 8 Next, make the carrot purée.

Boil the carrots in a pan of salted water for 8 to 10 minutes, or until tender. Drain and mash with a fork.

- 9 In a clean saucepan, heat the butter and add the mashed carrots to the pan.
- 10 Add the nutmeg and season, to taste, with salt and freshly ground black pepper. Set aside to keep warm.
- 11 Rub the steak in oil and season with salt and coarsely ground black pepper.
- 12 Preheat the grill and cook the steak for 10 to 15 minutes on each side for a well-done steak, or until cooked to your liking (as below). Leave aside to rest in a warm place.
- 13 Remove the potatoes from the oven. Garnish with more fresh rosemary and a drizzle of olive oil.
- 14 Arrange your plate and serve immediately.

**HOW TO COOK:**

The best method for cooking a Tomahawk is to grill it on a barbecue, using an internal meat thermometer, until the optimum temperature for medium-rare is achieved (56C).

Because of its size it needs to be properly rested after cooking, for at least 10 to 15 minutes, to allow the heat from the bone to redistribute throughout the meat, for a succulent, juicy steak. Another way is to oven

roast it, because it can be awkward to fry as it is so large. If choosing to oven roast, sear the meat all over in a frying pan first, before transferring to a preheated 200C oven for 15 minutes.

INFO: 12NOON-3PM SUN-THU, 7PM-12MIDNIGHT DAILY, 12NOON-3.30PM FRI (BRUNCH), DEIRA-PORT SAEED, 04 295 6000, CREEKDINING@DUBAIGOLF.COM

How Do I Know When It's Done?

Rare, medium, well done and levels in between are a matter of personal preference, but they can't be timed because a cut of steak can be of differing thickness. To put it simply, thicker steaks will take longer to reach the required interior temperature than a thinner steak. Cooking time is also affected by the amount of fat and connective tissue of the chosen cut of steak and whether it has a bone or not. The correct

temperature is measured at the centre of a steak or roast. Insert the thermometer so the tip is in the middle of the meat. If the centre never exceeds the preferred temperature, the results will be accurate.

However, some people prefer not to use a thermometer as they feel that piercing the meat allows the juices to escape, resulting in a less succulent steak. A good trick to use is the touch test.

TOUCH TEST

Open the palm of your hand and relax it. Take the index finger of your other hand and push on the fleshy area between the thumb and the base of the palm. Make sure your hand is relaxed. This is what raw meat feels like.

RARE

Press the tip of your index finger to the tip of your thumb in an 'OK' sign. The fleshy area below the thumb should still be soft but not as malleable as a raw steak



MEDIUM RARE

Gently press the tip of your middle finger to the tip of your thumb. This is medium rare



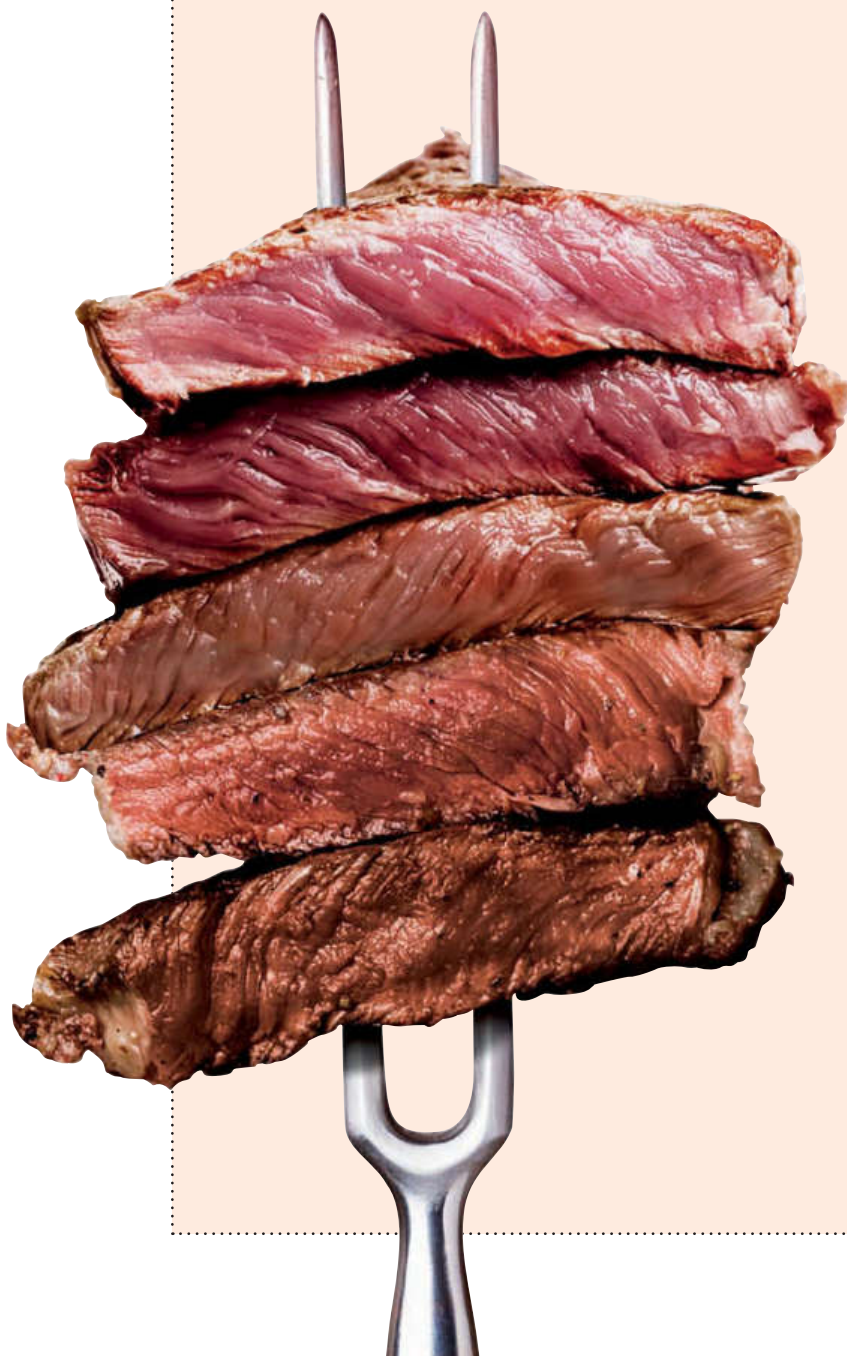
MEDIUM

Press the tip of your ring finger and your thumb together. The flesh beneath the thumb should give a little more. This is what meat cooked to a medium doneness feels like



WELL DONE

Now gently press the tip of your little finger and your thumb together. Again, feel the fleshy area below the thumb. It should feel quite firm. This is what well done meat feels like when you press on it



Posh Platters

Nothing says elegance quite like a cheese board, whether it's served as an appetiser, a course between mains and dessert, or even as the main focus of an event. However, if you don't know where to begin, our exclusive tie up with etiquette consultant Balsam Al Khalil, in conjunction with Frico Cheese, means that you can get fanciful with your fromage, whatever the occasion

SHOPPING LIST

- Feta cheese
- Australian Gold Pepper
- Swirl cheese
- Bocconcini (mini mozzarella balls)
- Sliced salami or other cured meat
- Olives
- Cherry tomatoes
- Gherkins or cornichons
- Carrots, cut into sticks
- Celery, cut into sticks
- Red pepper, cut into sticks
- Puff pastry cheese twists
- Crispbreads

ANTIPASTO PLATE

Served at the beginning of a casual meal, function or picnic, the antipasto-style party platter may contain cheese, olives, pate, dips, crackers, cured meats, pickled vegetables and/or crudités (vegetable sticks). A rule of thumb when opening a meal this way for 10 to 12 people, is to allow three cheeses, such as a plain or marinated feta served in a bowl, bocconcini, goat's cheese, fruity cheese, Brie, Camembert or even a Parmesan wedge.



AFTER-DINNER CHEESE PLATE

Serving cheese after the main course and before dessert is a great way to finish off the accompanying grape from the main meal and move on to sweeter tipples post dinner. If you are a hosting a gathering of four to eight people, select three or four types of cheese, such as a soft white cheese, a blue and a firmer style like vintage Cheddar, Gruyere or Swiss-style cheese. For added interest, particularly if you're catering for a crowd, perhaps include a goat's cheese or washed rind cheese and place the wedges or rounds on a large plate. Garnish with a few simple matching accompaniments and partner with some crusty bread or crackers in a separate bowl or basket.



CHEESE AND GRAPE NIGHT

This is a great way to entertain when trying to encourage guests to mingle, as it prompts discussion to break the ice. Assemble cheeses on separate plates by style or region, with accompaniments including the recommended matched grape alongside them. Arrange them in the order you plan to taste them; from mild flavoured to strong. Space them out on a large table or smaller tables around the room, allowing plenty of space for guests to taste, socialise and discuss!



CHEESE FOR KIDS

Don't forget the kids when putting party platters together! It's best to pre-cut the cheese into slices, cubes, triangles or wedges for them, and add some colourful accompaniments for them to graze on, like cherry tomatoes, cucumber pieces, dried apricots, pretzels, celery sticks, pieces of apple, crackers or a bowl of dip. Try an arrangement like this, that's also good as an after-school snack for a bunch of kids, with minimum fuss.

A SUPREME TWIST TO SIMPLE

Sometimes when a couple of friends drop in, or after a simple meal, all you need to do is serve one really good cheese (at room temperature) with one suitable accompaniment such as figs, dried apricots or prunes, nuts and a matched glass of grape. Place a slice of cheese on each plate and serve with honey or chutney and some thin slices of sourdough bread.

POPULAR CHEESE PAIRINGS



Brie with grapes



Gruyere with smoked almonds



Cheddar and quince paste



Camembert with plum paste

THE ESSENTIALS



This type of knife is known as the 'cheese plane', which creates thin, delicate slices of hard cheeses for cheese plates, sandwiches, and snacks



Although this is known as a 'soft cheese knife', it works well on semi-soft and some semi-hard cheeses just as well. The large holes prevent the cheese from sticking to the knife and the prongs allow you to serve with precision



Use a butter knife or a 'cheese spreader' for soft cheeses that are meant to be spread onto bread or crackers

How much cheese do I serve?
In general, allow 20-30 grams of each cheese per person, but no more than a total of 100-120 grams per person



CHEESE RULES

HOW TO PREPARE

- Remove most cheeses from the refrigerator at least 30 minutes before serving to allow them to come to room temperature. For whole wheels and large wedges, cut only what you expect to use and return the remainder to the refrigerator.
- Arrange them on the serving plate with accompaniments alongside but not touching the cheese. It's best to use a larger plate that gives guests plenty of room to manoeuvre the cutting of the cheese.
- For firm cheeses served in wedges, cut a couple of 'starting slices' to prompt guests as to the best way to cut the cheese.
- Cover loosely with a damp tea towel or plastic wrap until serving time.

WHICH KNIFE?

- To cut a wedge of cheese from a wheel, use a large sharp cook's knife dipped in hot water and wiped. Score the cheese rind or wax first and then gently rock the knife from front-to-back, applying pressure to evenly cut through the body of the cheese.
- For serving, while cheese knives are very handy to cut and extract a piece of cheese with the prongs on the end of the knife, a sharp knife will also suffice. A butter or pâté knife can be used for softer cheeses. Marinated cheeses in oil can be served with a small fork or spoon.
- Remember to provide a separate cheese knife or utensil for each cheese, and encourage guests not to mix the knives to avoid mixing cheese flavours.



CHEF SPENCER'S

DELIGHTFUL DECONSTRUCTIONS

You can't go wrong when entertaining if you serve up a classic favourite to finish the meal. However, with some clever prep the day before, Chef Spencer Lee Black of Vida Hotels and Resorts shows us how to break down these magical flavours to create culinary masterpieces that will remain a talking point for the foreseeable future!



BERRY TART

SERVES 4

This is summer in your mouth!

INGREDIENTS

12 lychees, halved
5 cherries, quartered
12 raspberries, halved
12 blackberries, halved
20 blueberries, halved
6 strawberries, quartered
FOR THE TART DOUGH
8 tbsp unsalted butter
brought to room temperature
3 tbsp sugar
A small pinch of salt
1 ¼ cup all-purpose flour

FOR THE STRAWBERRY JELLY

1 cup strawberry purée
2 sheets gelatine, bloomed
TO ASSEMBLE
40 small mint tips
2 tbsp strawberry purée
4 scoops raspberry sorbet

METHOD

- 1 Preheat the oven to 180C.
- 2 Prepare the tart dough. In a large bowl, mix the butter, sugar and salt until evenly incorporated. Add the flour and mix until it becomes a soft dough.

- 3 Place the dough on a baking tray lined with parchment. Push down with your fingers and try to make an even layer.
- 4 Prick with a fork and bake until golden brown. Remove from oven and allow to cool before breaking into pieces.
- 5 Next, make the strawberry jelly. Place the strawberry purée in a small pan and warm but don't boil. Add the bloomed gelatine and stir to dissolve.
- 6 When the gelatine has dissolved, remove from the heat and pour into a clingfilm-

lined tray, so it's 2 to 3mm thick.

- 7 To assemble, Break the strawberry jelly into pieces (doesn't matter what shape or size).
- 8 Place small drops of strawberry purée around the plate.
- 9 Place the cut fruits and berries on the jelly.
- 10 Using a small spoon, scatter the crumble tart dough around the plate and place the raspberry sorbet on top.
- 11 Garnish with mint sprigs to serve.



CARROT CAKE

SERVES 4

Sugar and spice and all things nice... how could you go wrong?

INGREDIENTS

FOR THE CARROT CAKE

2½ cups all-purpose flour
1¼ tsp baking powder
1 tsp baking soda
1 tsp ground cinnamon
½ tsp ground nutmeg
¼ tsp ground allspice
½ tsp salt
4 large eggs
1 1/3 cup sugar
½ cup light brown sugar
1 cup vegetable oil
½ cup plain yoghurt

5 cups grated carrot

FOR THE ICING

113g unsalted butter,
brought to room
temperature
225g cream cheese
1 cup icing sugar
1 tsp vanilla extract

FOR THE CARROT JELLY

¾ cup carrot juice
¼ cup orange juice
3 tbsp sugar
1 tbsp agar agar

FOR THE CARROT MASCARPONE

½ cup mascarpone cheese
¼ cup carrot juice
¼ fresh vanilla bean
1 tbsp icing sugar

TO ASSEMBLE

Assembly

2 tbsp chopped hazelnuts
2 tbsp halved hazelnuts
¼ cup simple syrup
20 pieces carrot rounds,
thinly sliced

METHOD

- 1 Preheat the oven to 180C.
- 2 Begin by making the carrot cake. In a large bowl place the flour, baking powder, baking soda, cinnamon, nutmeg, allspice and salt. Whisk together and make sure there are no lumps.
- 3 In a separate bowl, place the eggs, sugars, oil and yoghurt

and whisk until combined.

- 4 Slowly fold in the flour mixture. Once combined, fold in the carrots.
- 5 Pour the mixture into a 30cm x 30cm glass baking dish. Make sure the batter is spread evenly. If you do not have a glass baking dish use a metal one, but line the dish with baking parchment.
- 6 Bake for about 40 to 50 minutes. Turn the cake once while baking about halfway through the cooking time.
- 7 Feel the cake for firmness. If it feels firm, insert a toothpick into it and if a few crumbs remain on the stick, the cake is ready. If you see raw or wet dough on the stick leave for an additional 5 minutes. Remove from the oven and allow to cool.
- 8 For the icing, place the butter and cream cheese into a stand mixer fitted with a paddle attachment, or use an electric hand mixer. Mix for 2 to 3 minutes.
- 9 Add the icing sugar and vanilla extract. Mix on a low speed until incorporated. Scrape down the sides of the bowl.
- 10 Turn the mixer back up to medium and mix for another 2 to 3 minutes.
- 11 Place the mixture in a piping bag or squeeze bottle and set aside.
- 12 Next make the carrot jelly. Place the carrot juice and orange juice in a saucepan. Bring to a simmer and then add the sugar and agar agar.
- 13 Stir until the sugar and agar agar combine. Cook for a further 3 to 5 minutes until the mixture thickens. Remove from the heat and allow to cool.
- 14 Finally, for the carrot mascarpone, place the carrot juice in a pan and reduce slowly on a low simmer. Be careful not to reduce too fast or the carrot juice will burn.
- 15 Allow the juice to cool and mix with mascarpone, vanilla and icing sugar.
- 16 Heat up the jelly and place in a blender prior to serving. Place into a squeeze bottle for precision handling.
- 17 Assemble the plate as per the picture.

CHOCOLATE AND PEANUT BUTTER S'MORES

SERVES 4

This all-American favourite is given an injection of wow factor

INGREDIENTS

FOR THE CHOCOLATE JELLY

600ml cream

100g sugar

40g glucose

3 sheets of gelatine (bloomed)

250g dark chocolate

FOR THE CHOCOLATE MOUSSE

300g dark chocolate

3 large eggs

¼ cup sugar

1 tbsp cocoa powder

300ml cream

FOR THE MARSHMALLOW

338g sugar

113ml water

255g sugar fondant

3 sheets gelatine

FOR THE PEANUT BRITTLE COOKIES

100g butter

200g light brown sugar

150g orange juice

100g all-purpose flour

150g chunky peanut butter

TO ASSEMBLE

4 pieces shop-bought shortbread cookies

1 tbsp smooth peanut butter

1 tbsp melted marshmallow sauce

METHOD

- 1 For the chocolate jelly, place the cream, sugar and glucose into a pan and bring to the boil. After it has boiled for 2 minutes, take off the heat and stir in the chocolate.
- 2 When the chocolate has melted, add the bloomed gelatine and stir until incorporated.
- 3 Pour the mixture onto a tray lined with clingfilm. The chocolate should be about 1 to 1½ cm thick.
- 4 For the chocolate mousse, place the chocolate in a bowl set over a pan of boiling water, being mindful that the bowl does not touch the water. Once melted, remove from the heat and allow to cool.
- 5 Place the eggs and sugar in a

stand mixer or into a bowl and using an electric hand mixer. Mix for about 5 minutes until the mixture has doubled in volume. Then fold in the cooled chocolate and cocoa powder.

- 6 In a separate bowl whip the cream to stiff peaks. Gently fold the whipped cream into the chocolate mixture.
- 7 Place the mousse into a bowl and refrigerate for 1 hour.
- 8 For the marshmallow, place the sugar, water and fondant in a saucepan and bring to the boil. Once mixed, transfer to a mixing bowl and using an electric hand mixer, beat on high speed for about 5

minutes. Add the gelatine to the mixture and make sure everything is incorporated.

- 9 Line a tray with icing sugar. Pour the mixture into the tray and flatten out until it is about 2 to 3cm thick. Place in the fridge and allow to cool.
- 10 Remove from fridge and cut the marshmallow into cubes and coat with icing sugar.
- 11 Next, make the peanut brittle cookies. Preheat the oven to 200C.
- 12 Combine the orange juice, sugar and butter until soft. Add the flour and peanut butter to make a dough.
- 13 Roll up the dough into a log of about 6cm in diameter

using clingfilm or baking parchment. Place the dough into the fridge to firm.

- 14 Place the dough on a baking tray lined with parchment. Cut the dough as thinly as possible and place on the tray. Bake in the oven for a few minutes. Don't leave unattended, as it will cook fast.
- 15 Place the jelly in a squiggle on the plate and pipe the marshmallow sauce, peanut butter and chocolate mousse on the plate as shown in the picture, along with pieces of shortbread and the peanut brittle cookies. Use a small blow torch to burn the marshmallows before serving.



LEMON MERINGUE

SERVES 4

This zingy delight is sure to liven up the party!

INGREDIENTS

FOR THE LEMON CURD

3 whole lemons
1½ cups sugar
110g butter (unsalted, room temperature)
4 large eggs
½ cup lemon juice

FOR THE LEMON

BISCOTTI

3 cups flour
1 tsp salt
1 tsp baking powder
¼ tsp baking soda
140g butter (unsalted, room temperature)
1 1/3 cup sugar
2 tbsp lemon zest
3 tbsp lemon juice
2 large eggs

FOR THE MERINGUE


4 egg whites
2¼ cup sugar
1 tbsp passion fruit purée
1 tbsp raspberry purée

TO ASSEMBLE

8 pieces store-bought shortbread cookies, crumbled into small pieces

8 thin slices lemon
¼ cup simple syrup
½ tsp lavender
1 tsp micro mint

METHOD

- 1 Begin by preparing the lemon curd. Peel the skin off the lemon. Make sure to remove all of the white pith.
- 2 Place the lemon skin and sugar in a food processor. Process until the lemon is finely chopped into the sugar.
- 3 Add the butter to the processor. Add the eggs one at a time until each is incorporated. Add the lemon juice.
- 4 Place the mixture into a saucepan and cook over a low heat stirring constantly until thick. Remove the pan from the heat, place the mixture in a bowl and refrigerate.
- 5 Next, make the lemon biscotti. Whisk the flour, salt, baking powder and baking soda together in a bowl.
- 6 In a separate bowl whip the butter, sugar and lemon zest. Add one egg at a time while whipping the mixture.
- 7 When all the eggs are combined, whip in the lemon juice and flour mixture.
- 8 Place the dough in the refrigerator to harden slightly.
- 9 Using wax paper, roll the dough into a log and then flatten to about 3cm high and place on a baking tray lined with parchment.
- 10 Bake in the oven at 180C for about 45 to 50 minutes until golden brown. Remove from the oven and allow to cool.
- 11 Once cool, use a serrated knife to slice cross ways as thinly as possible.
- 12 Lower the oven temperature to 150C and cook the sliced biscotti for about 10 to 15 minutes or until browned. Remove from the oven and allow to cool.
- 13 For the meringue, preheat the oven to 95C.
- 14 Whip the egg whites until fluffy using an electric hand mixer.
- 15 Add the sugar, a little at a time while whipping on medium speed. Stop mixing when the mixture becomes stiff and shiny.
- 16 Separate the mixture into four bowls. Fill two bowls with the passion fruit purée and the other two with raspberry purée.
- 17 Place the passion fruit, raspberry and one of the plain meringues in separate piping bags with a small round tip.
- 18 Pipe the meringue in a 2cm x 2cm drop on a baking tray.
- 19 Place in the oven and leave the oven door slightly ajar. Cook for 2 to 3 hours until the meringues are dry. Remove from the oven and set aside.
- 20 Make a simple syrup by adding ½ cup sugar with ½ cup water. Heat the mixture over a moderate heat until the sugar dissolves – don't boil.
- 21 Allow the simple syrup to cool.
- 22 Cut the lemon into rounds as thinly as possible and dip into the simple syrup. Put in a food dehydrator or on a baking sheet with the oven on the lowest temperature and keep oven door propped open (not recommended if you have gas oven). It's summer in Dubai, so maybe just leave it in the sun!
- 23 Assemble the plate as per the picture. 



***Some things
are best outdoors.***



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Hot butter crab and avocado rolls... lush!

Just look at those burgers... Where does she put it?!



Sweet potato ricotta gnocchi to die for



Now this is a stretch we'll happily incorporate into our exercise regime

The 'delushious' world of Chrissy Teigen

We are completely girl-crushing on supermodel Chrissy Teigen right now, and not just because she has become one half of the hottest couples in Hollywood since tying the knot with singer John Legend. Nope, while this glamorously gorgeous *Sports Illustrated* model appears to have it all and is not the slightest bit delusional about why her modelling career was rapidly propelled into the fast lane since being associated with the R&B star, Chrissy has proved herself to be more than just a pretty face by remaining true to her passion for food, which has seen her rise through the ranks to become quite the 'it' personality in the culinary world.

First came her food blog, *So Delushious*, which as well as being

thoroughly entertaining, showcases 'real' recipes that are far from the dietary norms we'd expect from a model, all accompanied by stunning imagery. "I always get to eat what I want, because if I don't I go insane," she says. We know that feeling! In July she added the role of judge on new MTV competitive cooking show *Snack-Off* to her CV, and now the most exciting news is that there's a cookbook in the making! While no release date has yet been scheduled, Chrissy has engineered quite the teaser campaign on Instagram. Taking into account her Norwegian-Thai background and a love of good food, here's a small taster of what to expect when it finally hits shelves. We can't wait!

John clearly doesn't mind being a guinea pig for Chrissy's recipes!

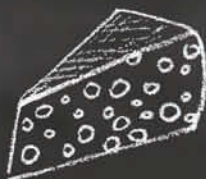
Who's up for a scrumptious breakfast like this?



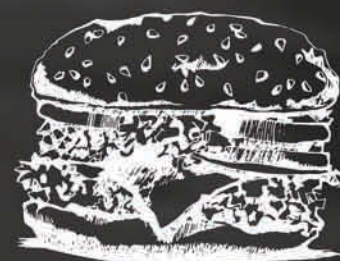


There's something about pairings

• CAVE WEEKLY NIGHTS •



Burgers and Brews

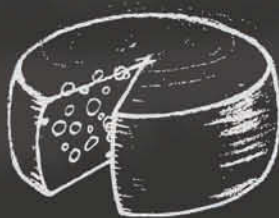


Pair your patty with a frosty brew. Daily from AED 145.

Meat the Cheese

Open curated artisanal cheese, charcuterie and grape! Every Tuesday from 7:00pm till 11:00pm for AED 245.

Fondue Friday



The quintessential sharing dish paired with the perfect regional bottle. Friday from 6:00pm for AED 265.

Pot de Moules



A pot of mussels paired with a fine bottle. Saturday from 6:00pm till 11:30pm for AED 225.

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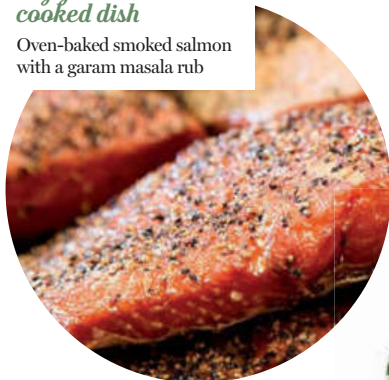
For reservations call +971 4 444 7111 or email diningdubai@conradhotels.com

My Nine to Dine

Ahlan!'s Deputy Editor JJ Anisiobi reveals his must-have foods!

My go-to home-cooked dish

Oven-baked smoked salmon with a garam masala rub



Can't live without... Truffle oil *

I use it to flavour everything, from pasta to popcorn!

*And truffle salt too!



Weird food habit

John West tuna in spring water combined with sweet corn... for breakfast!



Top ingredient **BROCCOLI**

Dark green veg is great for when you're training and simple to cook

Guilty pleasure Tiramisu

They do a great one at The Media Lounge in Media City



My favourite drink

Rubicon lychee juice, both exotic and great as a mixer



Wish I could eat these every day...

CHIPS!



Cupboard essential!



Chilli flakes I need some spice in my life!



If you try one thing, I recommend...

The lemon polenta cake from 1762. It's super soft, with just the right amount of zing



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The Fitness Expert

Qualified personal trainer, certified nutritionist and healthy food blogger of leanlivinggirl.com, Carly Rothman talks us through her day

My top three tips for eating well are...



1

Be prepared

Fill a small Tupperware pot with nuts and berries to keep in your bag to ward off mid-morning hunger pangs. And embrace leftovers! Most things taste just as good the next day.

2

Get creative

Add a new dish to your diet to keep things exciting. Knowing what your food contains and the feel-good factor of making something yourself outweighs the convenience of eating something processed.

3

Change your perception

Many people associate healthy foods with being restricted. If you start to change that view, it becomes a very different experience. It changes how you feel when you wake up, the effectiveness of your training sessions and your general mood.

"I start my day with... a breakfast of eggs or a protein shake full of superfoods like spinach, baobab powder, wheatgrass, chia seeds and flax. I know sometimes people think protein shakes are only for the muscle-building men in our world but it's not the case, plus they can be delicious!

Lunch is often leftovers from the night before, such as grilled chicken that I can mix easily with a salad using a combination of everything I have in my fridge! Cooking healthy food can take time so I think it's a great way to maximise the nutritional value from your meals and minimise the time spent doing it!

Dinner will always be a little more of an involved affair, and ranges quite a lot from meatballs with courgettes or salmon and grilled vegetables, to a beef roast.

I obviously love cooking but I think when you make more of an event out of eating, food becomes something to really enjoy rather than something to just take away the hunger.

I love to snack on... cheese!

Some fresh cherry tomatoes, cheddar and a raw cracker bread or oatcake is perfect. Another favourite is celery with tomato salsa or some Greek yoghurt and homemade granola. All delicious and healthy!

My favourite healthy treat is... Some sort of banana bread or



LIME AND GARLIC GRILLED PRAWNS WITH CORIANDER DIP

SERVES 2

INGREDIENTS

FOR THE PRAWNS

60g king tiger prawns
2 garlic cloves, finely chopped
The juice of 2 limes
A large handful of fresh coriander, roughly chopped
A pinch of salt and pepper

FOR THE CORIANDER DIP

A large handful of freshly chopped coriander
The juice of 2 limes
4 tbsp extra-virgin olive oil
1 large garlic clove, finely sliced
½ red onion, finely chopped
1 tbsp white balsamic vinegar
A pinch of black pepper

METHOD

- 1 Prepare the prawns by placing into a bowl.
- 2 Add the finely sliced garlic, roughly chopped coriander, lime juice, salt and pepper. Mix to combine, then cover and allow to marinate in the fridge for 15 minutes.
- 3 Meanwhile, make the coriander dip by combining all the ingredients in a bowl. Mix well and set aside.
- 4 Set a griddle pan or a barbecue to a piping hot temperature before cooking the prawns. You don't need to add any cooking oil.
- 6 Place the prawns on the grill and cook for 2 to 3 minutes on each side.
- 7 They are done when the outside goes pink and the flesh is milky in colour.
- 8 Splash a few tablespoons of the coriander dipping sauce over the hot prawns and serve.

fruit pie. It lasts for ages and I'm a big tea fan so it's a great combination!

I can't live without... Eggs. While they're not necessarily that exciting, they are the most versatile foods out there and they are packed with nutrients.

My mantra for eating healthily is...

Create a lifestyle of guilt-free balance, rather than one of restrictions.

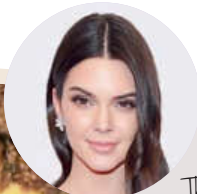
My favourite book is...

Lick the Sugar Habit by Nancy Appleton – it's a great and valuable thing to learn about what the food we eat actually contains and its effects on our bodies.

A-List Foodie Photos

Wondering what the stars eat to get those gorgeous bodies? The snaps on the new-must have food app might surprise you!

Whether you admit it or not, while we all love delicious food, we also want a body worthy of a celebrity. Thanks to a new app called WineNDine, which has become a hit with the who's who of Hollywood for uploading shots of their meals, you can replicate exactly what they eat. You might not want to though, as it seems that some celebs have developed hollow legs to maintain their svelte figures! Find out who's among the virtuous and who loves nothing more than an all-out junk food fest...



KENDALL JENNER

The supermodel of the moment bulks up on an eggy breakfast to keep her energy levels revved up for a busy day of photoshoots



★★★★★
egg sandwich
Kenny's Kitchen



★★★★★
Espresso Orange Juice
Croissant Peaches And



NICKY HILTON

The fashionista reveals the healthy treats she snacked on in the run up to her July wedding



★★★★★
Avocado Toast
Cafe Gitane, NYC

JOE JONAS

Keeping it real with a balanced meal to start the day



GIGI HADID

Gigi loves kale and burgers in equal measure



★★★★★
Spicy Kale Caesar Salad
The Butcher's Daughter, NY



★★★★★
Double Double With
Grilled Onions
In-N-Out Burger, Huntington Park



★★★★★
Im Gettin Betta
Kourtney's Kitchen



★★★★★
Artichoke Salad
Nobu, Malibu

KIM KARDASHIAN

A bit dark...taking shots in the shadows doesn't make the portions look any smaller, Kim!

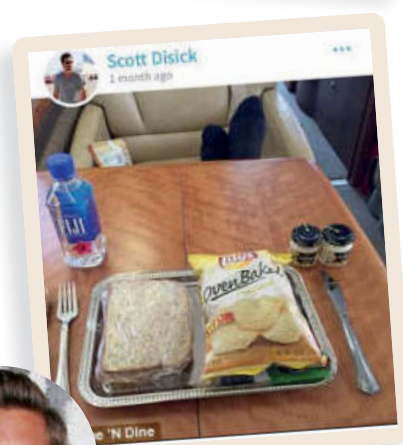
KOURTNEY KARDASHIAN

The eldest sibling of the Kardashian clan shows off her cooking prowess with a delicious-looking pizza...



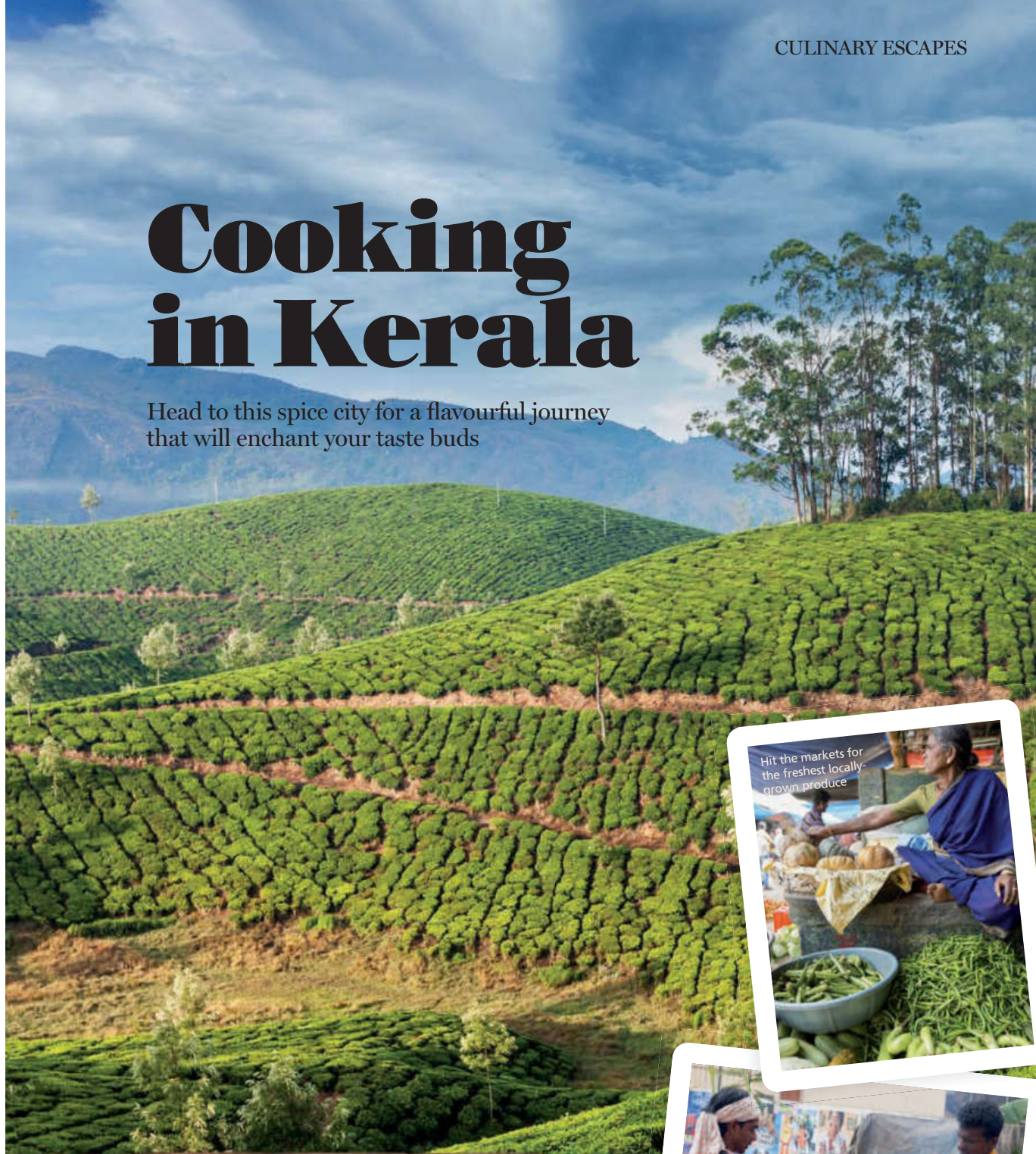
SCOTT DISICK

...While estranged partner Scott appears to be reduced to eating a sad sandwich



Cooking in Kerala

Head to this spice city for a flavourful journey that will enchant your taste buds



Hit the markets for the freshest locally-grown produce



Kerala is a state in the south west of India, known as the 'Land of Spices' due to its historical trading ties with Europe and many other ancient civilisations. Ingredients typically used in Indian cuisine, such as chillies, black pepper, cardamom, cloves, ginger, garlic, asafoetida, curry leaves, mustard seeds and cinnamon are all commonplace in Keralan dishes. However, due to the region's diverse range of indigenous fruits and vegetables, the food experience here is a unique one. Plantains, bitter

gourd, yams and ash gourd are just some examples of produce that won't be found on the menu elsewhere on the Indian subcontinent, and although imports from the Americas include tomatoes and potatoes, these are used more sparingly in dishes. Abundant with coconuts which are grown locally, ▶



Street food that is as tasty as it is colourful

- ▶ the grated white flesh and milk are widely used to flavour and thicken dishes, while tamarind, another popular additive, lends a characteristic tang to pickles and curries.

The main staple starches are rice and cassava, and meals range from simple rice porridge known as *kanji*, to full-on feasts called *sadya*, which translates as 'banquet' in Malayalam. These are meals of pure vegetarian food that comprise 20 courses or more, served on a banana leaf and accompanied with plain boiled rice. These feasts are traditionally cooked by men for weddings and other large celebrations. They are consumed while sitting cross-legged on the floor and eaten with the right hand without cutlery.

Owing to its multi-religious society, the Keralan diet offers an abundance of vegetarian dishes that cater to Brahmin Hindus and other upper castes of Hinduism that don't consume meat, while equally, influences from the Middle East, North India and Pakistan have widely contributed to the evolution of non-vegetarian dishes in the region, incorporating the use of eggs, mutton, beef and chicken, in addition to the staples of fish and seafood, due to Kerala's vast coastline and numerous rivers.

Don't be fooled into thinking that this isn't the place to explore the cuisine if you have a sweet tooth. Although cold desserts are rare, and sweets are rarely eaten post-dinner, there are plenty of sugary snacks that are usually served warm at teatime. However, if you're craving something a little more familiar, historical European influences have contributed to the numerous bakeries dotted around the region. Here you'll find the cream-filled pastries and yeast-leavened breads that are more common in the West.



BREAKFAST

There are many tasty breakfast options in Kerala but *puttu* and *kadala* curry is easily the most famed and most beloved dish. Puttu is a cylindrical-shaped rice cake layered with coconut, which tastes even better when dipped into kadala curry, made of black chickpeas, shallots, spices and coconut milk. Nothing better than that to wake you up each morning!

SNACKS

When craving a snack, look out for *unnakai* (also known as *unnakaya*, *kai ada*, *unnakka* and *kai porichathu*), which is a sweet and beloved dessert. Mashed plantain (a variety of banana) is used to make these tasty treats, which are rolled into patties and then stuffed with sweetened beaten egg, coconut, nuts, raisins and cardamom before being deep fried.

LUNCH

A signature dish of the state is Kerala prawn curry (*chemmeen* curry). Prawns are thrown into a flavourful concoction consisting of sautéed onions, green chilies, ginger, garlic and curry leaves mixed in with fiery turmeric, red Kashmiri chilli, coriander powder and tomatoes, before the coconut milk is added in for freshness and sweetness. Kudampuli (brindleyberry) is also sometimes used to give it a bit more of a sour taste.

DRINKS

There's nothing quite like sipping on tasty, thick *masala chai*. The name translates as 'mixed-spice tea', a brew that is made from black tea mixed with aromatic Indian spices and herbs. Another of their popular refreshments is *lassi*, a traditional yoghurt-based drink that originally comes from the Punjab region but which is enjoyed throughout the country.

WHERE TO STAY

If you're looking to learn the secrets to cooking this indigenous cuisine from the locals themselves, foodies will be hard pushed to find a better destination than Spice Village. Nestled within a lush green spice garden in Thekaddy, this is the ultimate destination for the eco-traveller. Amid the thatched cottage accommodation, which is complete with modern amenities, you'll find the quaint restaurant Tiffin Room, which is reminiscent of a bygone era. The authentic cuisine is some of the freshest that you'll sample, with the resort priding itself on locally sourced produce, obtained within a 50-mile radius. This is where you'll also receive a culinary education with evening cooking classes showcasing fresh spices at their finest. **INFO:** Kumily Road, Periyar, Tamil Nadu, +91 4869 224 514, cghearth.com/spice-village





UNNAKAI

SERVES 4

INGREDIENTS

2 ripe plantains (not too ripe, or it will get very messy)

FOR THE STUFFING

1 cup grated coconut

¼ cup cashews or almonds, chopped

A handful of raisins

1 egg, beaten

2 tbsp sugar

¼ tsp ground cardamom

3 tbsp ghee or butter

Rice flour, if required

METHOD

1 Steam the plantains with the skin on.

Once cooked, remove from the heat and allow to cool completely.

- 2** Once cool, remove the skin and halve them. Remove all the black seeds within, using a spoon.
- 3** Mash the plantains using a potato masher until smooth and free of any lumps.
- 4** Knead into a soft dough using your hands. If the mixture feels too soft, add a couple of tablespoons of rice flour to stabilise it.
- 5** Grease the palms of your hands with ghee and roll small balls from the mixture, before flattening into patties with your palms. Set aside.
- 6** Next, make the stuffing. Heat a non-stick saucepan over a moderate heat. Add two tablespoons of ghee, the grated coconut

and the sugar, stirring frequently until the coconut turns golden brown. Add the ground cardamom and beaten egg, mixing **to scramble**.

- 7** In a separate pan, fry the cashews and raisins in a tablespoon of ghee. Add the cashew and raisin mixture to the egg and coconut pan and mix everything thoroughly to combine. Remove from the heat and allow to cool.
- 8** Place about a tablespoon of the stuffing mixture into the centre of each plantain patty. Bring up the sides of the patty to conceal the filling and mould into oblong shapes.
- 9** Deep fry the stuffed patties until golden and crisp on the outside. Allow to cool slightly before serving.

Top 10 Street Foods To Try



1 SUNDAL

Kerala's very own traditional salad is made from chickpeas that have been soaked with salt overnight and then boiled the following day. They are then tossed in a pan with oil, mustard seeds, curry leaves and chillies and finished with a garnish of grated coconut.



2

DOSA

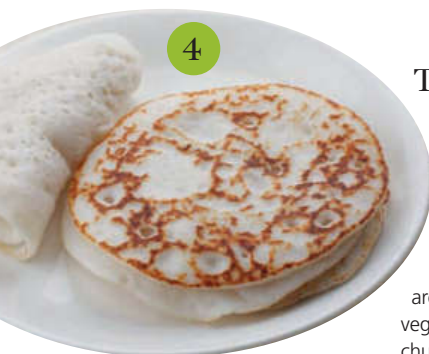
These huge wafer-thin crispy pancakes are made from rice batter and black lentils, which are rolled and filled with vegetables or served with sambar, a lentil-based stew flavoured with tamarind. Coconut chutney and Indian pickles are also traditional accompaniments.



3

UTTAPAM

Akin to the much-loved dosa, these are thicker and more flexible, like American pancakes, with the same ingredients whipped up in a batter and flavoured with onions, tomatoes, chillies and capsicum that serve as a topping. Uttapams are often characterised as India's answer to Italy's pizzas and are a delicious street food treat.



4

THATTU DOSA

This is one of the region's latest street-food trends, and is a combination of a dosa and an omelette. The batter is the same as for traditional dosas, but the difference is in the shape and size – thattu dosas are smaller and thicker. Add some veggies with sambar and coconut chutney for a tasty snack.

APPAM

Yet another type of pancake, the batter is made with fermented rice batter and they have a spongy texture. Their bowl-shape make them ideal for adding a generous lump of coconut milk (with a touch of cardamom powder for extra flavour).



5



6

PURI

A deep-fried Indian bread mostly eaten for breakfast or as a snack. It's a crispy, golden, puffed-up and airy bread, served with a plethora of accompaniments ranging from curries to vegetable dishes.

7

VADA

Doughnut craving? This is the local version but unlike glazed or sugar varieties, these are savoury with a spicy kick. Made from fermented black gram then seasoned with cumin seeds, onions, curry leaves and chillies, they are shaped into doughnuts and then deep-fried for an outer crisp crust and a light and fluffy centre.



8

IDLI

These savoury cakes or rice dumplings are made from fermented black lentils and rice, soaked separately for four hours and then ground to a fine paste before being mixed and left overnight. The batter mix is then steamed. Due to their mild taste, idlis are always eaten with a condiment, the most common being sambar or chutney.



10

HOLIGE

A traditional stuffed sweet flatbread that is most popular during festival days. The filling, made usually from ground roasted groundnuts and jiggery, is stuffed into a dough ball and then flattened and fried in a pan.



9

PAYASAM

This is the local rice-milk pudding, an integral part of traditional meals in South India which doubles up as a tasty snack option. Rice is soaked for half an hour and then cooked in milk until soft. Then cardamom and sugar are added for sweetness. Cashew nuts and raisins are then sautéed into a heated ghee-filled pan, before being combined with the rice mixture. There are variants to payasam and sometimes vermicelli replaces the rice as the main ingredient.






CHEMMEEN CURRY

SERVES 4

INGREDIENTS

400g prawns, cleaned and deveined
 ¼ tsp mustard seeds
 1 large onion, sliced
 1 green chilli, halved lengthways
 1 tbsp garlic and ginger purée
 1 stem of curry leaves
 ¼ tsp turmeric powder
 1½ tsp Kashmiri chilli powder
 1½ tsp coriander powder
 ¾ tsp garam masala powder
 1 large tomato, chopped
 1 cup coconut milk
 ½ cup coconut cream
 Salt, to taste
 3 tbsp sunflower oil

METHOD

- 1 Heat the sunflower oil in a pan set over a high heat. Add the mustard seeds and cover the pan. Wait until you hear the seeds popping rapidly and the fragrance is released (don't wait too long or they'll burn, which will result in a bitter curry).
- 2 Add the onions, green chillies, ginger and garlic purée and curry leaves.
- 3 Sauté until the onions turn golden brown.
- 4 Reduce the flame to low. Add the turmeric powder, Kashmiri chilli powder, coriander powder and ½ tsp garam masala powder.
- 5 Fry for about 30 seconds, stirring continuously.
- 6 Add the chopped tomatoes and mix well.
- 7 Cook until the tomatoes turn mushy and the masala starts to come away from the sides of the pan.
- 8 Add the prawns and salt to taste. Mix well to coat.
- 9 Add the coconut milk and stir well. Cover and cook for about 12 to 15 minutes or until the prawns are tender.
- 10 Add the coconut cream and stir through. Allow the curry to come to the boil for about two minutes. Remove from the heat and sprinkle over ¼ teaspoon of garam masala. Mix through one last time before serving. 



WIN!

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A COUPLE'S BATEAUX DUBAI DINNER CRUISE

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Moored between the Emirates NDB Headquarters and Dubai Chamber of Commerce, the cruise operates every evening from 8.30pm-11pm. Gourmet has teamed up with Bateaux Dubai to offer one lucky reader the opportunity to embark on this spellbinding experience, worth Dhs1,250. All you have to do is log on to ahlanlive.com/competitions/8303 and answer three easy questions for your chance to win!



A unique experience for a romantic evening



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GREAT SAVINGS

POMFRET RAVA FRY

Ingredients:

- Take 4 pcs of Silver or White Pomfret
- 1 tsp Turmeric Powder
- 2 tsp Red Chili Powder
- 2 tbsp. Ginger-Garlic Paste
- 4 tbsp. Lime juice
- 1 cup Semolina (Sooji/Rava)
- Oil for shallow frying
- Salt to taste

Directions:

- Clean the fish wash and pat dry it.
- With a knife make diagonal slits on the fish so that the seasoning gets well into the fish.
- Barring oil, make a paste of all the other ingredients.
- Apply it on both sides of the fish and then let it marinate for an hour.
- After the fish has marinated, heat oil in a non-stick pan.
- Spread semolina in a plate and coat the fish with it.
- Now shallow fry the fish until it turns golden brown
- Serve it with salad and coriander chutney.



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